

# Good Food

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HOT SPRINGS CHAPTER NO. 69

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## Preface

We have collected and assembled favorite, tested recipes from the members of our chapter and interested friends.

We deeply appreciate the interest and assistance of our many friends and advertisers in this — our first attempt at bookmaking.

It has been our endeavor to present a book that will serve the experienced housewife as well as the inexperienced.

We trust that it may be a lasting benefit to all who may honor it by a perusal of its pages.

—The Committee.

### A RECIPE FOR THE DAY

"Take a little dash of water cold  
And a little leaven of prayer  
A little bit of morning gold  
Dissolved in the morning air;  
And a thought for kit and kin  
And then, as your prime ingredient,  
Add to your meal some merriment  
A plenty of work thrown in,  
But spice it all with the essence of love  
And a little whiff of play;  
Let a wise old Book and a glance above  
Complete the well-made day.

—Selected.

Work for some good, Be it ever so slowly  
Cherish some flower, Be it ever so lowly  
LABOR, all LABOR, Is Noble and Holy.



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**Order of Eastern Star**

HOT SPRINGS, ARKANSAS

1951

MRS. JEWEL NICKELS, Worthy Matron

RAYMOND HALL, Worthy Patron

*My sister-in-law*



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## WEIGHTS AND MEASURES

4 cups flour .....	1 pound
2 cups butter packed solid .....	1 pound
2 cups sugar .....	1 pound
2 and 2/3 brown sugar .....	1 pound
1 square Bakers chocolate .....	1 ounce
2 tablespoons unmelted butter .....	1 ounce
4 level tablespoons flour .....	1 ounce
3 level saltspoons .....	1 level teaspoon
3 level teaspoons .....	1 tablespoon
16 level tablespoons .....	1 cup
16 ounces .....	1 pound
2 cups .....	1 pint
4 tablespoons .....	1/4 cup
1 cube butter .....	1/2 cup or 1/4 pound

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You can live without Books

But civilized man cannot live without COOKS

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Dedicated to our advertisers who made possible the publication of this book.

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## Breads

"Give us this day our daily bread"—Matt. 6:11  
"Man cannot live by bread alone"

☆ ☆ ☆

### HUSH PUPPIES—Dorothy Nickels

1/2 cup flour	1 1/2 cups cornmeal
2 teaspoons baking powder	1 small onion, finely chopped
1 tablespoon sugar	1 beaten egg
1/2 teaspoon salt	3/4 cup milk

Sift together dry ingredients; add onion; add beaten egg and milk to dry ingredients, stirring lightly. Drop a teaspoon of batter for each hush puppy into hot deep fat (these are good with fish—so use the same fat that the fish were fried in), frying only a few at a time. Fry until a golden brown. Drain on absorbent paper. Makes two dozen.

### SODA BISCUITS—C. V. Pullian

2 cups sifted enriched flour	1/4 cup vegetable shortening
3/4 teaspoon baking soda	1/4 cup white vinegar
1/2 teaspoon salt	1/2 cup sweet milk

Sift together flour, baking soda, salt into mixing bowl. Cut in shortening until it resembles coarse cornmeal. Combine vinegar and milk. Blend thoroughly. Add to flour mixture. Stir lightly until flour is dampened. Turn onto floured board. Knead 10 times. Roll about one-half inch thick. Cut with small biscuit cutter. Place on baking sheet 1 inch apart. Bake in hot oven, 450 degrees, 12 to 15 minutes.

### SOUR MILK BISCUITS—Tina K. Mowery

2 cups enriched flour	3 teaspoons baking powder
1/2 teaspoon soda	(rounded)
4 tablespoons shortening (level)	1 scant cup sour milk

Mix and sift dry ingredients. Work in shortening with fork or blender. Add all liquid quickly and make soft dough. Pat or roll on dough board, cut and bake at once at 500 degrees.

My experience in supervising demonstrations for my husband's flour business has made me a firm believer in this recipe. We have used it in making as high as 3,000 biscuits per day and it has never failed.

### GINGER BREAD—Claudia Biggs

1/2 cup butter	1 teaspoon ginger
1/2 cup sugar	1 teaspoon cinnamon
2 eggs	1/4 teaspoon salt
1 teaspoon soda	1 1/2 cups flour
1/2 cup molasses	1/2 cup cold water
	1 cup fresh grated coconut

Cream together 3 tablespoons butter, 1/2 cup sugar. 1 egg, sift 1 and 1/2 cups flour, 1/8 teaspoon salt, 1 teaspoon ginger, 1 cinnamon and soda. Add to first mixture one-half cup sweet milk, one-half cup molasses.

### HUSH PUPPIES—Mrs. Harold Avery

1 cup cornmeal	1 egg
1 tablespoon flour	1 tablespoon grated onion
1 teaspoon baking powder	milk (about 1/2 cup)
1/2 teaspoon salt	deep fat for frying

Blend dry ingredients together first; add egg and milk (just enough milk should be added to make a stiff batter). Form mixture in oblong or round patties with hands. Fry in very hot deep fat until brown all over, drain on brown paper.



### UPSIDE DOWN ORANGE BISCUITS—Berttie Elam

$\frac{1}{4}$ cup butter	3 teaspoons baking powder
$\frac{1}{2}$ cup orange juice	3 to 4 tablespoons shortening
$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup milk
2 tablespoons grated orange rind	$\frac{1}{4}$ cup sugar
2 cups flour	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ teaspoon salt	

Combine butter, orange juice,  $\frac{1}{2}$  cup sugar and orange rind; cook two minutes. Pour into nine cup muffin pans. Sift flour, salt and baking powder, cut in shortening, add milk, stir until dough follows fork around bowl. Knead one-half minute, roll one-fourth inch thick, sprinkle with  $\frac{1}{4}$  cup sugar and cinnamon. Roll as for jelly roll, slice one inch thick and place cut side down over orange mixture that has been placed in muffin tin. Bake in hot oven, 450 degrees, 20 to 30 minutes. Makes nine biscuits.

### APPLE BREAD—C. V. Pullian

Sift together into mixing bowl—

$2\frac{1}{4}$ cups sifted all-purpose flour	$\frac{1}{2}$ cup sugar
1 teaspoon baking powder	1 teaspoon soda
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon nutmeg

Add— 2 eggs

Combine and add—

$\frac{1}{2}$ cup light corn syrup	chopped fine
1 teaspoon grated lemon rind	$\frac{1}{4}$ cup chopped nuts
1 tablespoon lemon juice	$\frac{1}{2}$ cup melted margarine
1 cup unpeeled raw red apple,	

Mix as little as possible to form dough and leave ingredients evenly distributed. Turn into well-greased bread pan,  $4\frac{1}{2}$  by 9 in. Top with thin apple wedges dipped in melted oleo, then in sugar. Bake in moderate oven, 350 degrees, about one hour. Cover pan first 20 minutes.

### ORANGE NUT BREAD—C. V. Pullian

1 large or 2 small oranges	$\frac{1}{4}$ teaspoon salt
Boiling water to cover	1 cup sugar
1 cup seedless raisins	1 egg, slightly beaten
1 cup sifted enriched flour	$\frac{1}{2}$ teaspoon baking soda
1 teaspoon baking powder	1 teaspoon vanilla
1 cup graham flour	$\frac{1}{2}$ cup chopped nuts

Cut oranges—with rind left on—into 1-inch pieces. Cover with water. Boil 10 minutes, drain. Save liquid. Add raisins to orange pulp, blend thoroughly. Place medium blade in food grinder. Grind fruits. Combine flour, graham flour, baking powder, salt, sugar. Blend thoroughly—do not sift. Gradually add fruits to dry ingredients, stirring constantly. Add egg, beat vigorously. Dissolve baking soda in orange liquid. There should be one cup of liquid. Add water, if necessary. Gradually add liquid to dry ingredients, beating vigorously. Add vanilla, nuts. Blend thoroughly. Pour into well-oiled pan—bake fifty minutes, 350 degrees.

### ICE BOX ROLLS — Claudia Biggs

6 cups flour	$\frac{3}{4}$ cup sugar
$\frac{3}{4}$ cup shortening	1 teaspoon salt
	2 yeast cakes

Pour 1 cup boiling water, let stand until cold. Put 2 yeast cakes in 1 cup cold water. 2 well beaten eggs, 6 cups flour, mix well but do not beat. Keep in ice box at least 2 hours. Make out into rolls. Let stand 2 hours or more. Bake in hot oven.

### PINEAPPLE CORNMEAL MUFFINS—C. V. Pullian

$\frac{1}{2}$ cup crushed pineapple, drained	1 teaspoon salt
$\frac{3}{4}$ cup yellow cornmeal	1 egg
1 cup sifted flour	$\frac{1}{3}$ cup water
3 teaspoons baking powder	$\frac{1}{3}$ cup pineapple syrup
2 tablespoons sugar	3 tablespoons melted shortening

Drain crushed pineapple. Mix and sift dry ingredients. Beat egg, add pineapple syrup and water. Stir into flour mixture. Stir in quickly the shortening and drained crushed pineapple. Fill greased medium-sized muffin pans  $\frac{2}{3}$  full. Bake in moderately hot oven (400 degrees) about 20 to 25 minutes until lightly browned. Yield: 8 to 10 muffins.

### CORN BREAD MUFFINS—Jewel Nickels

1 cup cornmeal	1 tablespoon sugar
1 cup flour	1 egg
4 teaspoons baking powder (rounded)	Sweet milk to make batter (about $1\frac{1}{2}$ cups)
$\frac{1}{2}$ teaspoon salt	

Sift all dry ingredients together. Beat egg well and add to milk. Mix with dry ingredients and pour into well-greased and very hot muffin tins, and bake in hot oven (500 degrees).

### FORTIFIED BREAD (a delicious high-protein bread)

(By GayeIord Hauser, from his best selling book, "Look Younger, Live Longer")

Combine in a large bowl—

$2\frac{1}{2}$ cups whole wheat flour	4 tablespoons powdered skim milk
3 tablespoons wheat germ	2 tablespoons brown sugar
3 tablespoons soya flour	$1\frac{1}{2}$ teaspoons vegetable salt (iodized)

Dissolve  $\frac{1}{2}$  cake of yeast ( $1\frac{1}{2}$  ounce) in cup of lukewarm water (or leftover vegetable water) and add to dry ingredients. Also add 1 tablespoon margarine and mix thoroughly. Put the smooth dough in an oiled bowl and cover. Let rise in warm place for  $1\frac{1}{2}$  hours. Then punch down and let rise 20 minutes more. Finally make a loaf and put in large bread pan, cover, and let stand in warm place. When dough has again risen to top of bread pan, bake for about 40 minutes at 400 deg.

### QUICK WHOLE WHEAT BREAD

Make same mixture as for whole wheat rolls; knead and place in bread tin. Bake at 375 degrees for 1 hour.

### WHOLE WHEAT ROLLS

Mix  $\frac{1}{2}$  cup scalded fortified milk, 2 tablespoons butter, 1 tablespoon honey, and 1 teaspoon iodized vegetable salt. Cool this mixture to lukewarm temperature by adding  $\frac{1}{2}$  cup water (or leftover vegetable water). Add 1 cake compressed yeast, blend in 1 beaten egg, and finally add 3 cups whole wheat flour and 2 tablespoons wheat germ. Let rise in warm place until the bulk is doubled. Form in rolls and place in buttered muffin pan. Bake at 400 degrees for just 20 minutes.

### CHEESE STRAWS—Alice Durham

1 lb. cheese	butter size of egg
1 cup flour	cold water

Run cheese through food chopper; add flour and butter. Mix to consistency of pie crust with water. Roll thin, cut in finger size and bake light brown.

### WATER BUCKET ROLLS—Tina K. Mowery

3 cups all purpose flour	2 pkgs. granulated yeast
1½ teaspoons salt	1 tablespoon sugar
½ cup butter	2 eggs
½ cup scalded milk	1 cup nut meats, chopped
1 teaspoon vanilla	½ cup sugar

Sift flour before measuring. To 1½ cups flour add salt and butter, combining as for pie crust. Mix lukewarm milk with yeast and 1 tablespoon sugar; blend well and stir into first mixture. Cover, let stand 20 minutes, then add well-beaten egg, vanilla and remaining 1½ cups flour. Stir until smooth. The dough will be stiff and slightly sticky. Tie dough loose in a piece of cheese cloth, drop into a pail of cool water 70 to 80 degrees. In about one hour the dough will rise to the top of the water. Remove from water and turn onto a platter. Cut off pieces the size of an egg and let stand about fifteen minutes in a cool place. Roll each piece in a mixture of chopped nuts and sugar, twist into figure eight, or any desired shape and place on a greased baking sheet. Let stand about 10 minutes, then bake in 425 degrees oven ten to fifteen minutes.

This recipe has been in use for over 100 years. (Of course leavening has changed.)

### ICE BOX ROLLS—Lucy Buttler

7 cups sifted flour	1 cake yeast
1 teaspoon salt	1 egg
½ cup sugar	2 cups luke warm water
	3 tablespoons shortening

Break yeast in large bowl, add sugar, salt and water. Add well-beaten egg. Sift flour before measuring, and add half of flour to mixture, beat well and add melted shortening and remainder of flour. Let rise to double its bulk, punch down, cover well and place in refrigerator. Can be used within two hours after mixing. Take part of dough as needed, shape into rolls, place on greased pan and let rise slowly to double their size. Bake in hot oven, 450 degrees, about 15 minutes.

### HUSH PUPPIES (Fish Bread) — Mrs. Era M. Thomason

1 cup corn meal	1 teaspoon salt
¼ cup flour	1 egg
2 teaspoons baking powder	1 finely chopped onion

Mix dry ingredients and onion. Add egg and enough milk to make stiff batter. If skillet is large enough, drop, by tablespoonfuls, right into skillet by fish. Or fry in the grease after fish is taken out of skillet. Always have piping hot grease. Fry real brown.

### CORN BREAD — Claudia Biggs

1½ cups white corn meal	1 heaping teaspoon baking powder
3 tablespoons flour	1 tablespoon sugar
1 teaspoon salt	2 tablespoons butter or bacon drippings
1 teaspoon soda	1 egg

Sift dry ingredients into bowl, add milk and egg, then butter. Pour in very hot skillet and bake (475 degrees) 20 to 25 minutes.

### BROWN BREAD—Pauline Lienhard

VERY GOOD ALSO SERVED WITH WHIPPED CREAM

1 cup raisins; 2 cups boiling water over fruit and let cool; 2 teaspoons soda, add to water and raisins when cool; cream 2 tablespoons shortening with 2 cups sugar, ½ teaspoon salt, 2 eggs. Add to cream mixture, then add to water, 4 cups flour, ½ cup nuts. Fill cans half full (use No. 2½ corn cans), and bake one hour at 350 degrees.

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# Cakes



## LAZY DAISY CAKE, WITH BROILED ICING—Margaret Runyan

2 eggs  
1 cup sugar  
1 teaspoon vanilla  
1/2 cup milk

1 cup flour  
1 teaspoon baking powder  
1/4 teaspoon salt  
1 tablespoon shortening

Beat eggs until light, add sugar, beat until blended, add vanilla. Sift dry ingredients, add to egg mixture; blend well. Heat milk and shortening, add to batter, beat well. Pour into pan, bake 30 minutes in 350 degrees moderate oven. When brown, top with icing, return to oven, or broiler, until coconut is toasted. Serve warm from cake pan.

### BROILED ICING

2 tablespoon butter  
3 tablespoons evaporated milk

1/2 cup brown sugar  
3/4 cup coconut

Mix in saucepan, over low heat. When well blended, drop by spoonful on warm cake, smooth broil until toasted.

## APPLE COFFEE CAKE—Claire V. Pulliam

2 cups sifted enriched flour  
2/3 cup sugar  
1 teaspoon baking soda  
1/2 teaspoon salt  
1/4 cup vegetable shortening

1/2 teaspoon cinnamon  
1 egg, well beaten  
1/4 cup sweet milk  
1/4 cup vinegar  
1 1/2 cups thinly sliced apples

Sift together flour, sugar, baking soda, salt, cinnamon into mixing bowl. Cut in shortening. Combine egg, milk and vinegar. Blend thoroughly. Add to flour mixture. Mix lightly until flour is moistened. Pour into well-oiled 9-inch baking dish. Arrange apples on batter. Sprinkle with Crumb Topping. Bake in moderate oven 400 deg., 30 minutes, or until apples are done.

### CRUMB TOPPING

1/4 cup sugar  
1/2 teasp. on cinnamon

2 teaspoons enriched flour  
1 tablespoon soft butter

Combine ingredients. Blend thoroughly. Sprinkle over apples. Bake as directed above.

## PINEAPPLE CHIFFON CHEESE CAKE—Claire V. Pulliam

1/3 cup granulated sugar  
1 No. 2 can crushed pineapple  
2 egg yolks  
1/4 cup cold water  
1 tablespoon (envelope) unflavored gelatin  
1 cup cottage cheese

1 teaspoon grated lemon rind  
2 tablespoons lemon juice  
2 egg whites  
few grains salt  
1/2 cup whipping cream  
1 cup Zweibach crumbs  
1/4 cup melted butter or margarine

Combine one-half the sugar and 1-cup syrup drained from pineapple with slightly beaten egg yolks. Cook over hot water until smooth and thickened, stirring constantly. Soften gelatin in water for 5 minutes. Add to the hot mixture and stir until dissolved. Chill until it starts to thicken, then add pineapple, sieved cottage cheese, grated lemon rind and lemon juice. Fold in stiffly beaten egg whites, salt and whipped cream. Combine crumbs, remaining sugar and butter or margarine. Line pan with crumbs, saving out about a third for the top. Add cheese mixture and cover with remaining crumbs. Chill several hours until firm. Ten generous servings.

### ECONOMICAL MAYONNAISE CAKE — Oleta James

1 cup sugar	1 cup water
3 tablespoons cocoa	2 cups flour
2/3 cup mayonnaise	1 teaspoon vanilla
1 teaspoon soda	

Cream sugar and mayonnaise, add cocoa. Dissolve soda in warm water and add alternately with flour. Beat well. After each addition add vanilla. Pour into two 9-in. pans and bake at 350 degrees.

#### FROSTING

Melt 1/2 cup butter or margarine, add 2 cups sugar, 1/3 cup cocoa, 1/2 cup sweet milk. Cook one and one-half minutes after it comes to a rolling boil. Add 1 teaspoon vanilla, and beat until it starts to thicken. Start pouring between layers before it is ready to put on top as it hardens quickly.

### BANANA CAKE — Mrs. Lester Hays

1/2 cup shortening	1/2 teaspoon salt
1 1/2 cups sugar	1/4 cup sour milk
2 eggs	1 cup mashed bananas (2 or 3 bananas)
2 cups flour	1 teaspoon vanilla
1/2 teaspoon baking powder	
3/4 teaspoon soda	

Cream shortening and add sugar gradually. Stir in well beaten eggs. Sift flour, baking powder, soda and salt together and add alternately with the sour milk and bananas which have been mashed. Add vanilla. Pour into greased and floured layer cake pans. Bake thirty minutes in a moderate oven. When cool put together with any favorite frosting. I like to use juice and grated rind of one lemon; two tablespoons butter and powdered sugar to make soft icing.

### DATE NUT CAKE — Jewel Nickels

1 package dates—8 oz.	1 teaspoon baking powder
1 cup nuts	2 eggs
1 cup sugar	1 teaspoon vanilla
1 cup flour	

Beat eggs separately, add sugar to yolks, then add flour into which baking powder sifted; add whites (well beaten), nuts, dates and vanilla. Grease pan, line with brown paper but don't grease paper. Pour into pan, bake 300 degrees, 1 1/2 hours.

### BANANA NUT CAKE — Elah Miles

Sift together in large bowl—

2 1/4 cups sifted cake flour	3/4 teaspoon soda
1 1/2 teaspoons baking powder	3/4 teaspoon salt

Add—

3/4 cup snowdrift	6 tablespoons buttermilk
1/2 cup brown sugar	1 1/2 cups mashed bananas

Mix enough to dampen flour, beat two minutes, low speed, add 3 eggs, 1 1/2 teaspoons vanilla, 1 teaspoon banana flavoring, beat 1 minute to smooth batter, fold in 1/2 cup chopped nuts. Bake in two layers, 375 degrees, about 30 minutes; cool and frost with—

#### LEMON CREAM FILLING

Cream 2 teaspoons Snowdrift with 2 teaspoons butter. Add pinch salt and 1 teaspoon grated lemon rind, add 3 cups confectioners sugar, alternately with 3 1/2 teaspoons lemon juice. Fill and frost cake. Decorate with slices of banana dipped in lemon juice, with chopped nuts sprinkled over top.

### LIGHT CHOCOLATE CAKE — Mrs. Jim Casada

1/4 pound butter (1/2 cup)	1 teaspoon soda
2 cups sugar	2 cups flour
1/2 cup cocoa	1 teaspoon vanilla
3 whole eggs	1/2 teaspoon salt
1 cup buttermilk	

Cream butter and sugar until fluffy, add eggs, mix well, then add all dry ingredients, alternating with the milk. Bake in two layers.

#### FILLING

One box powdered sugar. Melt 2 tablespoons butter, 1/2 cup cocoa and use enough hot coffee to make soft filling. Spread after cake is cold.

### FEATHER NUTMEG CAKE — Claire V. Pulliam

Two nine-inch layers

1/2 cup butter	1 teaspoon baking powder
1 1/2 cups sugar	1 teaspoon baking soda
1/4 teaspoon salt	2 teaspoons nutmeg
3 eggs, well beaten	1 cup buttermilk
2 cups cake flour	1/2 teaspoon vanilla

Cream butter, sugar until light and fluffy. Add eggs and beat well. Add sifted dry ingredients alternately with milk and flavoring, beating until smooth after each addition. Turn into greased and floured 9-inch cake pans. Bake in oven 375 degrees, for 30 minutes.

### BURNT SUGAR CAKE — Mrs. H. Ward Conde

1 1/2 cups sugar	4 tablespoons burnt sugar
1/2 cup shortening	3 teaspoons baking powder
Yolks of 2 eggs, beaten	Whites of 2 eggs
1 cup cold water	1 teaspoon vanilla
3 cups sifted flour, little at a time	

Bake either in loaf or two 9-inch pans at 350 degrees.

### SILVER CAKE — Mrs. H. Ward Conde

3 cups sifted Swansdown flour	1 cup milk
3 teaspoons baking powder	1/2 teaspoon lemon extract
1/2 cup shortening	4 eggs whites, stiffly beaten
1 1/2 cups sugar	

Sift flour once; measure, add baking powder and sift three times. Cream shortening and sugar until light and fluffy. Add flour and milk alternately, a small amount at a time, beating after each addition until smooth. Add flavoring. Fold in egg whites, bake in two 9-inch layer pans, 375 degrees, for 25 to 30 minutes.

#### FROSTING

1 cup sugar	2 unbeaten egg whites
1/4 teaspoon salt	3 tablespoons water
1/4 teaspoon cream of tartar	1/2 teaspoon lemon extract

Combine all ingredients except lemon in a top of a double boiler. Place on stove; use mixer portably at high speed until frosting is fluffy and holds shape about 3 minutes. Add flavoring and beat off stove a little until it stands in peaks.



## BANANA CREAM CHIFFON CAKE

1 1/8 cup (1 cup plus 2 tbsp.)	13 tablespoons cold water
sifted cake flour. (Spoon lightly into cup, don't pack)	1/2 cup sieved very ripe bananas, (1 to 1 1/2 bananas)
3/4 cup sugar	1/2 teaspoon vanilla or
1 1/2 teaspoons baking powder	1/2 teaspoon grated lemon rind
1/2 teaspoon salt	1/2 cup egg whites (4 whites)
1/4 cup cooking oil	1/4 teaspoon cream of tartar
2 unbeaten egg yolks (med. size)	

Preheat oven to 325 degrees (moderate and slow). Measure—(all level measurements)—and sift together into mixing bowl, flour, sugar, baking powder, salt. Make a well in the center of dry ingredients and add in order: oil, egg yolks, water, bananas, flavoring. Beat with spoon until smooth. Measure into another large mixing bowl: egg whites, cream of tartar. Whip until whites form very stiff peaks. They should be much stiffer than for angel food or meringue. DO NOT UNDER-BEAT. Pour egg yolk mixture gradually over whipped egg whites, gently folding with rubber scraper just until blended. DO NOT STIR. Pour into ungreased 9-inch tube pan, 3 1/2 inches deep, immediately. Bake 50 to 55 minutes in slow moderate oven, 325, or until top springs back when lightly touched. Immediately turn pan upsidedown, placing tube part over neck of funnel or bottle. Let hang, free of table, until cold. Loosen from sides and tube with spatula. Turn pan over and hit edge sharply on table to loosen. Eight to ten servings. Split cake crosswise in three even layers with saw-toothed knife. Spread whipped cream filling between layers (widest layer on bottom) and over top and sides. Garnish with banana slices. Keep in refrigerator until serving time. Dip banana slices in lemon, orange, grapefruit or pineapple juice to keep from turning dark.

### WHIPPED CREAM FILLING

1 pt. chilled heavy cream 1 teaspoon vanilla 1/2 cup confectioners sugar

Whip until very stiff in chilled bowl, the cream; beat in the vanilla and confectioners sugar. If sides are left uniced, use half the amount of ingredients.

## CARROT CAKE — Lela Bray

1 1/3 cups sugar	2 large carrots
1 1/3 cups cold water	1 teaspoon each:
1 cup seedless raisins	cinnamon, cloves, nutmeg
1 tablespoon shortening	

Mix spices with sugar, boil for five minutes, with all the above. Cool thoroughly. Add:

1 cup walnuts	Pinch salt
2 cups flour	2 teaspoons soda

Mix well and bake slowly in tube pan.

## POPPY SEED CAKE — Lela Bray

3/4 cup poppy seed	2 cups flour
3/4 cup sweet milk	1 teaspoon baking powder
1 1/2 cups sugar	4 egg whites, beaten
3/4 cup butter (country)	

Soak seed in milk overnight. Cream butter; mix flour, seed, baking powder, add milk. Fold in egg whites. Makes three 8-inch layers.

### FILLING

1 1/2 cup milk 2 tablespoons flour 3/4 cup sugar 4 egg yolks

Put sugar in pan with flour, mix with (part of) milk and egg yolks. Have remainder of milk hot and stir contents in gradually. Add 1 cup pecans.

## MARASCHINO DEVIL'S FOOD CAKE

No creaming. No egg beating. All ingredients mixed in same bowl. Mixing time three minutes.

Sift together in large bowl—

2 cups sifted cake flour	1 teaspoon soda	1 1/3 cups sugar
Add—		
1/2 cup Snowdrift	1/2 cup buttermilk	1/4 cup Maraschino cherry juice

Mix enough to dampen flour, beat 2 minutes—if by hand, count beating time only; with electric mixer use low speed, beating 2 minutes. Add—

2 eggs, 2 squares unsweetened chocolate, melted and cooled

Beat 1 minute for Snowdrift, smooth batter, then fold in 1/2 cup chopped cherries dusted with flour. Bake in two greased 8-inch layer pans lined with paper at 325 degrees about 35 minutes.

Frost with Fondant Icing—

Cream 2 tablespoons Snowdrift with 3 tablespoons butter, add pinch of salt and add 3 cups sifted confectioners sugar with 1/4 cup milk or cream. When smooth, add vanilla and frost cake.

## DEVIL'S FOOD CAKE — Sarah Hall

2 1/4 cups all-purpose flour	2 teaspoons baking soda
1 cup sugar	1/2 teaspoon baking powder
3 tablespoons cocoa	

Put together and sift four times. Place in mixing bowl and add:

1 cup Miracle Whip salad dressing	1 cup cold water
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Cream this mixture and pour either into a loaf pan or make two layers in 9-inch pans.

### CHOCOLATE FROSTING

2 teaspoons melted butter	2 tablespoons cocoa
2 tablespoons cream	1 1/2 cups powdered sugar

Mix and spread on cake.

## PINEAPPLE UPSIDE DOWN CAKE—Annie Elem

1 1/4 cups sifted Swansdown flour	1/2 cup milk
1 1/4 teaspoons Calumet baking powder	1 1/4 teaspoons salt
4 tablespoons butter or other shortening	1 teaspoon vanilla
3/4 cup sugar	1/2 cup brown sugar, firmly packed
1 egg, well beaten	1 cup crushed pineapple
4 tablespoons butter	

Sift flour once, measure, add baking powder and salt, and sift again. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy; add egg, then flour alternately, with milk, a small amount at a time. Beat after each addition until smooth; add vanilla. Melt the other four tablespoons butter in iron skillet; add brown sugar and stir until melted. Add pineapple and pour batter over mixture. Bake in moderate oven (50 degrees) fifty minutes.

## MAYONNAISE CAKE—Ethel Mizar

Sift together—

1 cup sugar	3 tablespoons cocoa
2 cups flour	2 scant teaspoons soda

Add 3/4 cup mayonnaise, 1 cup cold water. Blend until smooth, bake in two layers in moderate oven (350 degrees) 15 or 20 minutes.

### MOCCA FROSTING

Sift 3/4 box powdered sugar, 2 teaspoons cocoa together and hot cream or coffee to which 1 tablespoon butter has been added. Add few drops flavoring.

## PRUNE CAKE — Claudia Biggs

1 cup sugar	2 cups flour
$\frac{3}{4}$ cup butter	2 teaspoons cinnamon
3 eggs	2 teaspoons allspice
1 teaspoon baking soda	1 cup prunes
3 tablespoons sour cream	$\frac{1}{2}$ teaspoon salt

### ICING

2 eggs	1 cup prunes
1 cup sugar	2 tablespoons butter
$\frac{1}{2}$ cup sour cream	pinch salt

Cook over slow fire until thick and add flavoring or nuts.

## DEVIL'S FOOD CAKE—Dorothy Nickels

To boil—

$\frac{1}{2}$ cup sugar	1 cup milk	8 <i>tablespoons</i> cocoa
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Mix—

$\frac{1}{2}$ cup shortening	1 cup sugar	$\frac{1}{2}$ cup milk
2 eggs	2 cups flour	1 teaspoon vanilla
1 teaspoon soda, dissolved in 2 tablespoons hot water		

Bring toop mixture to boil and remove from heat. Then cream shortening and sugar, add beaten eggs, then milk and flour alternately, cocoa mixture, soda that has been dissolved in hot water, vanilla. Makes a two layer cake. — *use your favorite icing*

## WHITE FRUIT CAKE—Claudia Biggs

7 whites of eggs	1 teaspoon vanilla
2 cups sugar	$\frac{1}{2}$ lb. blanched almonds
1 cup sweet milk or wine	1 lb. shelled pecans
3 cups flour	1 lb. candied cherries
2 teaspoons baking powder	$\frac{1}{2}$ lbs. candied pineapple

Mix flour with fruit (no butter).

## ORANGE CAKE — Evelyn Baker

$\frac{3}{4}$ cup shortening	2 teaspoons baking powder
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ cup orange juice
3 egg yolks	1 tablespoon grated orange rind
$2\frac{1}{4}$ cups flour	$\frac{1}{2}$ cup cold water
$\frac{1}{2}$ teaspoon salt	3 stiffly beaten egg whites

Mix in order given. Bake 350 degrees.

### FILLING

1 tablespoon grated orange rind 2 tablespoons butter about  $\frac{3}{4}$  box powdered sugar enough orange juice to make soft enough to spread

## DARK FRUIT CAKE — Claudia Biggs

7 eggs	1 lb. shelled pecans
2 cups sugar	$\frac{1}{4}$ lb. citron
1 cup butter	1 tablespoon cinnamon
$\frac{1}{2}$ cup molasses	1 lb. raisins
1 teaspoon soda	1 lb. dates
1 tablespoon cloves	1 lb. figs
1 tablespoon nutmeg	1 lb. shelled almonds
1 quart flour	$\frac{1}{2}$ lb. candied cherries
1 cup wine or coffee	3 pieces candied pineapple

Mix the quart of flour in fruit, nuts. Cut up fine. Bake about 3 hours.

## GOOD, QUICK CAKE — Claudia Biggs

2 cups flour	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups sugar	1 stick butter
1 teaspoon baking powder	1 cup buttermilk
$\frac{1}{2}$ teaspoon soda	1 teaspoon vanilla
	2 eggs

Sift all dry ingredients. Soften butter. Put dry ingredients into bowl, then add butter, milk and vanilla. Beat 2 minutes on low speed of mixer. Add eggs and beat two more minutes.

### ICING

1 cup sugar  $\frac{1}{3}$  cup Karo—white 2 egg whites 3 tablespoons cold water  
Cover with cocoanut

## DINETTE CAKE — Claudia Biggs

Sift together into bowl—

$1\frac{1}{2}$ cups sifted soft as silk cake flour	2 teaspoons double action baking powder
1 cup sugar	$\frac{1}{2}$ teaspoon salt

Add—

$\frac{1}{3}$ cup high grade shortening	1 teaspoon vanilla flavoring
	$\frac{2}{3}$ cup sweet milk

Beat well by hand or mixer, then add 1 egg and beat well again, about 2 minutes. Pour into well greased pan and bake about 30 or 35 minutes—350 degrees temperature.

FILLING: Almost 1 box brown sugar, about 2 tablespoons melted butter, 1 box cocoanut, enough sweet milk to mix to where it will spread over cake. Vanilla flavor, if wanted. Set cake under blaze until brown.

## CHRISTMAS STOLLEN—C. V. Pullian

(2 LARGE CAKES)

2 oz. compressed yeast	1 cup butter
1 cup milk, scalded and cooled	$\frac{1}{2}$ cup sugar
$4\frac{1}{2}$ cups flour	1 teaspoon salt
3 eggs, well beaten	$\frac{1}{4}$ teaspoon nutmeg
	2 teaspoons sugar

### FILLING

1 lb. chopped dates	1 cup candied cherries, chopped
1 cup chopped nuts	$\frac{1}{2}$ cup chopped candied pineapple

Mix yeast with 2 teaspoons sugar until liquified. Add to milk with one-half of flour. Beat until smooth. Let stand for about 1 hour, or until light and bubbly. Cream butter and sugar until light and fluffy. Add to first mixture with egg yolks, salt, nutmeg, and remaining flour. Turn out on a well floured pastry cloth and knead until smooth and elastic. Place in a greased bowl; cover and let rise until doubled in bulk. Divide dough into two parts. Roll each into a rectangular sheet about  $\frac{1}{3}$  inch thick. Spread with half of filling, roll lengthwise and place on a greased cooky sheet, forming a crescent. Bake in moderate oven (375 degrees) for about 35 minutes.

## PECAN CAKE (Loaf) — Claudia Biggs

6 eggs	1 quart nut meats
$2\frac{1}{2}$ cups sugar	1 tablespoon baking powder
$1\frac{3}{4}$ cups butter	1 tablespoon nutmeg
4 cups flour	1 tablespoon cloves
1 cup whiskey or wine	pinch salt

Cook  $1\frac{1}{2}$  hours.



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## Candies

### SWEETS TO THE SWEET

QUICK ENGLISH TOFFEE — Claire V. Pullian

1 cup sugar  
3 tablespoons water  
1 cup butter

1 teaspoon vanilla  
3 sweet chocolate candy bars  
3/4 cup chopped pecans

Combine sugar, butter and water and heat until butter has melted, stirring constantly. Cook and stir until mixture bubbles up thick and turns amber in color—about 10 minutes. Add 1 teaspoon vanilla, pour in a thin layer in buttered pan, and lay chocolate bars on the hot candy. They melt on contact. Spread them evenly over the toffee and sprinkle nuts over chocolate. When cold, break toffee in pieces.

### DIVINITY

Mix 1/2 cup water, 1/2 cup Karo, 2 cups sugar and cook until it hairs. Pour into whites of two eggs that have been beaten stiff, beating all the time until it creams. Add one cup pecans and pour into greased platter. Cut in squares when cold.

### NUTTY NUGGETS

3/8 cup flour  
1/2 cup butter  
2 tablespoons sugar  
1 cup chopped pecans

1/8 teaspoon salt  
1 teaspoon vanilla  
Powdered sugar

Sift flour, measure. Cream butter; add sugar gradually, creaming until light or fluffy. Add flour, nuts, salt and flavoring. Stir until thoroughly mixed. Form in hands into balls size of walnuts, place on lightly greased cookie sheet. Bake in moderate oven (350 degrees) 15 minutes or until lightly browned. Remove from oven, cool slightly, about 3 minutes; roll in generous amount of powdered sugar. When cold, roll again in powdered sugar. Makes 4 doz. balls. (To vary flavor vary nut meats.)

CHOCOLATE FUDGE (Makes 36 1-inch squares)

2 tablespoons butter  
3 cups sugar  
1 cup milk

2 squares chocolate  
1 teaspoon honey  
1 teaspoon vinegar

1 teaspoon vanilla  
1/4 cup honey  
nuts if desired

Melt butter in saucepan, add sugar and milk, mix well. Bring to boil with lid on kettle, boil 3 minutes. Remove lid, add chocolate and honey and cook until soft ball stage. Remove from heat, add vanilla and vinegar. Cool to room temperature, then beat until creamy; add nuts.

### BROWN CANDY

Melt one cup of sugar in a heavy skillet over low heat, stirring constantly until melted and light caramel-colored. Pour slowly into sauce pan containing two cups sugar and one cup light cream. Cook to firm ball stage (280 degrees), stirring constantly. Remove from heat. Add 1/8-teaspoon soda and stir vigorously. Add 1/4 cup butter and cool for ten minutes. Add 1/2 teaspoon vanilla and beat until mixture is thick and loses shininess. Blend in one pound broken pecan meats. Spread in greased pan and cut in one-inch squares. The recipe makes two and one half pounds candy.

## NUT CARAMELS

Combine one cup brown sugar, one cup granulated sugar,  $\frac{1}{2}$  cup butter, one cup light corn syrup, one and one-third cup condensed milk and two-thirds cup milk. Cook over a low flame, stirring constantly, until temperature reaches 246 degrees or until a ball is formed when dropped in water. The time is approximately one hour. Remove from fire and add two teaspoons vanilla and one cup chopped pecan meats. Turn at once into a slightly buttered pan about nine inches square. As soon as candy is cold, turn on waxed paper and cut in straight pieces about 1 inch square. This recipe will make 70 1-inch caramels.

## COCOANUT MACAROONS

4 ounces (1 pkg.) cocoanut  
 $\frac{1}{2}$  cup sugar

1 egg, well beaten  
1 teaspoon almond flavoring

Mix cocoanut and sugar well. Beat egg thoroughly until stiff, then add to cocoanut mixture. Add flavoring and blend well. Drop from a teaspoon on a greased baking sheet. Bake in moderate oven (350 degrees) 15 to 20 minutes until golden brown. Makes approximately 1 dozen large macaroons. Store in an air-tight container.

## PATIENCE

First part: Mix and cook (boiling awhile) 2 cups sugar, 1 cup milk, 2 teaspoons butter. Second part: One cup sugar melted and browned to caramel color. Pour first mixture into the browned sugar, slowly, and cook to the soft ball test. Take off fire and beat until it creams. Mix in one cup nuts. Spread on greased platter.

## MINTS

Heat  $\frac{1}{4}$  cup milk, melt 4 teaspoons butter in milk, cool. Add  $3\frac{1}{2}$  cups powdered sugar. Mix thoroughly. Add 2 or 3 drops oil of peppermint. Knead with your hands until smooth. These may be shaped or dropped from tip of spoon.

## DATE LOAF

Seed and chop fine, one package of dates. Soak ten minutes in hot water to cover. Mix 3 cups sugar, 1 cup milk or cream, squeeze out dates and add. Cook until it forms a hard ball in water. Add one cup chopped nuts. Pour into shallow bowl. When cool, roll into long rolls, wrap in wax paper and place in ice box. When cold and set, slice cross-wise.

## PEANUT BRITTLE

2 cups sugar  
1 cup Karo  
1 cup water

$\frac{1}{2}$  teaspoon salt  
1 teaspoon soda

Cook ingredients to soft ball stage, then add 3 cups raw peanuts, then cook to crackle (hard ball) stage, add soda. Put out on buttered sheet or platter.

## MEXICAN PECAN CANDY

2 cups sugar  
1 cup milk  
1 tablespoon butter

1 cup browned sugar  
1 cup pecans

Cook first three ingredients and the pecans together. Brown 1 cup of sugar in skillet, then add to first mixture. Place back on fire and cook to soft ball stage. Remove from fire and place in pan of cool water. Beat until creamy. Drop by teaspoon on waxed paper.

# Cookies



## CONGO SQUARES — Mrs. Patsy Raspberry

$2\frac{3}{4}$  cups sifted flour  
 $2\frac{1}{2}$  teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{2}{3}$  cup shortening

$2\frac{1}{4}$  cups brown sugar (1 lb. pkg.)  
3 eggs  
1 cup nutmeats  
1 pkg. Nestles Semisweet  
Chocolate Morsels

Mix and sift flour, baking powder and salt. Melt shortening and add brown sugar. Stir until well mixed. Allow to cool slightly. Add eggs one at a time, beating well after each addition. Add dry ingredients, then nutmeats and chocolate. Pour into greased pan about 10 by 15 inches. Bake at 350 degrees. Time, 25 to 30 minutes. Yield, 48 squares. When almost cool, cut into squares approximately 2 by 2.

## FRUIT SQUARES — Mrs. J. C. Case

1  $\frac{1}{3}$  cups Eagle Brand  
condensed milk  
1 lb. cut-up pitted dates

1 cup chopped pecans  
1 pkg. shredded cocoanut  
1 teaspoon vanilla  
1 bottle Maraschino cherries

Combine all ingredients to form very stiff paste. Pack tightly into 8x8x2 pan that has been greased, lined with wax paper and greased again and floured. Bake at 375 degrees or until golden brown. Remove from pan, cool and cut in squares. This is very rich and makes 64 squares.

## APRICOT COCOANUT BALLS

$\frac{3}{4}$  cup dried apricots  
 $\frac{3}{4}$  cup cocoanut  
 $\frac{1}{2}$  cup nuts

1 teaspoon grated orange rind  
1 teaspoon grated lemon rind  
1 teaspoon lemon juice

Put apricots, nuts and cocoanut through food chopper or chop fine. Combine with remaining ingredients, mixing well. Shape into small balls and roll in ground nuts if desired.

## MINCEMEAT TURNOVERS—C. V. Pullian

1 recipe pastry

$\frac{3}{4}$  cup prepared mincemeat, chilled

Roll pastry  $\frac{1}{8}$  inch thick. Cut into 5-inch squares. Put four teaspoons mincemeat in center of each square. Moisten edges with water. Fold each square from corner to corner, to form a triangle. Press edges together. Prick top. Bake in hot oven (400 degrees) 15 or 20 minutes.

## MINCEMEAT MUFFINS—C. V. Pullian

1 cup bran  
 $\frac{3}{4}$  cup milk  
 $\frac{1}{2}$  cup prepared mincemeat  
2 tablespoons shortening

1 cup sifted enriched flour  
3 tablespoons sugar  
 $\frac{1}{2}$  teaspoon salt  
4 tablespoons baking powder  
1 egg

Combine bran, milk, mincemeat. Let soak 5 minutes. Blend together shortening, sugar; add egg, beat well. Stir in mincemeat; blend thoroughly. Sift together dry ingredients. Add to mincemeat mixture. Mix until liquid and dry ingredients are combined. Fill well-oiled muffin pans two-thirds full. Bake at 400 degrees about 20 minutes.



## SWEDISH TEA CAKES—C. V. Pullian

(2 DOZEN)

1 cup butter	3 tablespoons cream
2 cups sifted flour	2 tablespoons pecans chopped fine
1 egg white, slightly beaten	2 tablespoons sugar
	1/3 cup raspberry jam

Cream butter until light and fluffy. Add cream and beat well; add flour, mixing thoroughly. Roll dough in waxed paper and chill for several hours. Divide into two parts. Roll one part about 1/4 inch thick on a well-floured pastry cloth. Cut with 2 1/2 inch doughnut cutter with center cutter removed to make whole rounds. Place on ungreased cooky sheets. Roll and cut remaining dough in rings as for doughnuts with the 2 1/2 inch cutter. Brush rings with egg white and place egg side down on rounds of dough. Brush tops of cookies with egg white and sprinkle with nuts and sugar. Fill centers with jam. Bake in a hot oven (400 degrees) about 12 to 15 minutes or until delicately browned.

## HAWAIIAN COCOANUT COOKIES—C. V. Pullian

1 cup sifted flour	1/2 teaspoon baking powder
1/2 teaspoon soda	1/2 teaspoon salt
1/2 cup soft shortening	1/2 cup granulated sugar
1/2 cup brown sugar	1 egg
1 tablespoon water	1 teaspoon vanilla
1 1/2 cups uncooked rolled oats	1 cup coconut

Sift together flour, baking powder, soda and salt into bowl. Add shortening, sugars, egg, water and vanilla. Beat until smooth, about two minutes. Fold in rolled oats and coconut. Shape dough into small balls and place on greased baking sheet. Bake at 350 degrees 12 to 15 minutes. Makes 3 1/2 dozen cookies.

## STREUSEL TOPPING

Combine 3 tablespoons flour, 2 tablespoons butter and 3 tablespoons brown sugar until crumbly. Add 1/2 teaspoon cinnamon.

## APPLE SAUCE BROWNIES—Alma Kaufman

Melt over hot water 1/2 cup shortening, 2 squares unsweetened chocolate (2 oz.). Blend in 1 cup sugar, 2 eggs well beaten, 1/2 cup applesauce, 1 teaspoon vanilla. Sift together and stir in 1 cup flour, 1/2 teaspoon baking powder, 1/4 teaspoon soda, 1/4 teaspoon salt. Fold in 1/2 cup nuts chopped, bake 35 to 40 minutes or until top springs back when lightly touched. While hot, cut in oblong pieces, cool. Remove from pan.

## CHOCOLATE HALFWAY COOKIES—Mrs. Anna Brigham

1 cup butter or other shortening	2 cups sifted all-purpose flour
1/2 cup white sugar	1 teaspoon baking powder
1/2 cup brown sugar	1/4 teaspoon soda
2 egg yolks slightly beaten with	1 7-oz. bar chocolate tidbits
1 tablespoon water	1 teaspoon vanilla
1/4 teaspoon salt	1/2 cups raisins (optional)
	1/2 cup nuts (optional)

Cream butter and sugar, white and brown, add egg yolks and vanilla. Blend sifted dry ingredients three times. Add to first mixture to make soft dough. Pat out on greased baking pan 14x10, sprinkle chocolate, raisins and nuts on top. Beat stiff 2 egg whites and 1 cup brown sugar with pinch of salt; beat well. Spread on top of cooky batter and bake 20 to 25 minutes in 350 degree oven. Allow to cool before cutting. Do not use cooky sheet—batter is too runny for cooky sheet.

## CHEW-CHEWS — Jewel Nickels

Mix together—

1/2 cup soft shortening	1 cup sugar	1 cup Molasses
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Beat in well—

1/2 cup unbeaten egg whites (about 4)
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Then stir in only until blended—

1 3/4 cup Gold Medal flour	1/4 teaspoon soda	1/4 teaspoon salt
1 1/2 cups shredded coconut		

Line greased pan with paper, then grease the paper well. Pour mixture in, bake 30 to 35 minutes at 350 degrees. Immediately put on wire rack, remove paper. Turn right side up and cut into 1x2 inch bars. Makes 75 bars.

## DATE CHOCOLATE CHIP COOKIES—Lucy Mae Schaefer

1/2 cup shortening	1/2 teaspoon salt
1/2 cup granulated sugar	1/2 teaspoon soda
1/4 cup brown sugar	1 package chocolate chips
1 egg (well beaten)	1/2 cup chopped nut meats
1 cup sifted flour	1 teaspoon vanilla
	1 package pitted dates

Cream shortening; add sugar gradually and cream together until light and fluffy. Add egg and mix thoroughly. Sift flour once, add salt and soda and sift again. Add flour and mix well. Add chocolate chips, nuts, cut-up dates and vanilla and mix thoroughly. Drop from teaspoon on ungreased baking sheet about two inches apart. Bake in moderate oven (375 degrees) 10 to 12 minutes.

## DATE COOKIES — Mrs. Anna Brigham

3/4 cup sugar	1 cup flour
2 eggs, beaten separately	1 teaspoon baking powder
1 cup chopped dates	pinch of salt
1/2 cup nut meats	vanilla

After all ingredients are mixed, fold in beaten egg whites, then spread in pan 8x10 and bake in slow oven (325 degrees) and don't open door for about 25 minutes because this is a sponge mixture.

## CHOCOLATE BROWNIES — Claudia Biggs

2 squares of chocolate	1/2 cup flour
3 eggs	1 cup chopped nuts (pecans or
1 cup sugar	English walnuts
1/2 cup butter	1/4 teaspoon salt

Melt chocolate and butter over hot water. Beat egg yolks until light and add sugar, salt, melted chocolate and butter; heat thoroughly, add flour and nuts. Mix until smooth. Fold in stiffly whipped egg whites. Pour into a well greased pan. Bake in moderate oven about 15 minutes. Remove from oven, cut in squares. Cool, remove from baking tin.

## CARROT COOKIES — Claire V. Pulliam

1/2 teaspoon baking soda	3 cups rolled oats
1/2 cup brown sugar	1/2 cup strained honey
1 cup grated raw carrots	3/4 cup shortening
1/2 teaspoon baking soda	1 cup chopped raisins
1-3 cup hot water	1 teaspoon vanilla
1/2 teaspoon salt	

Sift together flour, baking soda and salt. Add rolled oats. Blend thoroughly. Cream shortening. Add sugar and honey. Blend thoroughly. Add raisins and carrots, blend thoroughly. Add dry ingredients alternately with water to carrot mixture. Blend thoroughly. Add flavoring, blend thoroughly. Drop by teaspoon on well-oiled baking sheet. Bake in oven 350 degrees, fifteen to eighteen minutes.

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# Frostings



## FONDANT ICING

Cream 2 tablespoons Snowdrift and three tablespoons butter, add pinch of salt and 3 cups sifted confectioners sugar with  $\frac{1}{4}$  cup milk or cream, beat until smooth and add vanilla.

## DOUBLE BOILER ICING—Gladys Hutzel

Place in top of double boiler—

2 egg whites, unbeaten  
 $1\frac{1}{2}$  cups sugar  
5 tablespoons cold water

$\frac{1}{2}$  teaspoon salt  
 $1\frac{1}{2}$  teaspoons light corn syrup  
 $\frac{1}{2}$  teaspoon cream of tartar

Place over boiling water. Beat No. 1 speed until blended. Then cook, beating constantly on No. 9 speed until mixture will stand in peaks. Remove from heat and add vanilla and continue beating until spreading consistency. Chopped dates, nutmeats, shredded toasted almonds or cocoanut may be used between layers and on top.

# Desserts--Puddings



## WALNUT SHERRY FROZEN PUDDING—Iva Coppedge

1 teaspoon gelatin  
16 marshmallows  
1 cup milk  
pinch salt  
 $1\frac{1}{2}$  cups sponge cake cubes

3 teaspoons sherry or maple syrup  
1 cup whipping cream  
 $\frac{1}{2}$  cup chopped nuts  
8 sliced Maraschino (or candied) cherries

Soak gelatin in 1 teaspoon water. Heat marshmallows with milk in top of double boiler; when marshmallows have melted remove from heat. Add gelatin, salt, sherry and cool. When slightly thickened fold in whipped cream, nuts, cherries and cake. Freeze in tray.

## GRAHAM CRACKER ICE CREAM—Bonnie Wheatley

1 cup Pet Milk  
1 cup water

1 teaspoon vanilla  
 $\frac{1}{2}$  cup sugar  
1 cup graham cracker crumbs

Mix in order given and put in trays in refrigerator until frozen. This will serve about six or eight persons.

## MAPLE MOUSSE—Alice Durham

$\frac{3}{4}$  cup maple sugar syrup  
4 eggs

1 pint whipping cream  
 $\frac{1}{2}$  cup nuts

Add beaten egg yolks to syrup. Cook until thick, stirring constantly. Cool, add whipped cream and nuts. Place in icebox freezing compartment two hours.



### APPLE CRISP — Claudia Biggs

Grase glass baking dish. Peel or wash apples and put in pan.

One cup flour, about one-half to 1 cup sugar, level teaspoon baking powder, pinch of salt. Sift dry ingredients and add 1 egg. Stir until in crumbs. Put on top of apples, 1/3 cup of butter. Pour on top of that. Sprinkle on top cinnamon or nutmeg. Bake (350 degrees) about 30 min.

### FROZEN LEMON CUSTARD — Claudia Biggs

3 egg yolks	1/4 teaspoon salt
2/3 cup sugar	juice and rind of 1 lemon

Cook in top of double boiler. Whip egg whites and fold cream mixture in that. Then whip cream and fold in that.

### ICE BOX DESSERT—June Holland

1/4 pound butter	8 oz. vanilla wafers
1 cup sugar	1 cup chopped pecans
1 egg	1 small can grated pineapple
	2 tablespoons thick cream

Cream butter and sugar. Add egg and beat. Add cream, then pecans. Roll wafers and add pineapple and wafers. Pack in bowl and place in refrigerator. Serve small servings with whipped cream.

### STRAWBERRY WHIP—C. V. Pullian

1 teaspoon grated lemon rind	1/4 cup cold water
1 tablespoon plain gelatin	3 tablespoons lemon juice
1/4 cup boiling water	2 cups crushed fresh strawberries
1 cup sugar	4 egg whites
	1/8 teaspoon salt

Mix together lemon rind and 1/2 cup sugar. Soften gelatin in cold water. Dissolve it in boiling water. Add sugar mixture and stir until dissolved. Add lemon juice and berries. Chill mixture over ice. When thickened and completely chilled, whip mixture until frothy. Whip egg whites with salt until stiff. Gradually beat in remaining 1/2 cup sugar, blending well. Fold into gelatin mixture. Spoon into serving dishes and chill. Before serving top with whipped cream.

### OLD ENGLISH PLUM PUDDING—Iva Coppedge

1/2 cup fine bread crumbs	1/3 teaspoon mace
1 cup hot sweet milk	1/3 teaspoon cloves
4 eggs	1/2 lb. seeded raisins
1/4 cup sugar	1/4 lb. dried currants
1/2 lb. fresh beef suet, minced	1/4 lb. figs, chopped
3/4 cup sifted flour	2 oz. citron, chopped
1 1/2 teaspoons salt	2 oz. candied orange peel
1/2 teaspoon nutmeg	1/2 cup boiled cider
1/4 teaspoon cinnamon	

Combine crumbs and milk, allow to stand 10 minutes. Beat egg yolks with sugar, then beat in suet. Add crumbs and milk. Mix and sift dry ingredients, combine with fruits and stir into first mixture. Add cider and mix well. Beat egg whites until stiff but not dry; fold into pudding. Steam 3 1/2 hours in greased 1 1/2 qt. mold. Serve warm with any sauce you like.

### VALENTINE DAY DESSERT—C. V. Pullian

#### PEPPERMINT ICE CREAM — FUDGE SAUCE

Mix 2 tablespoons cornstarch, 1 cup sugar, 1/8 teaspoon salt. Add 2 cups light cream (12 percent) and cook over boiling water 10 minutes, stirring constantly. Add small amount of mixture to 3 well beaten egg yolks; blend thoroughly; return to double boiler and cook five minutes longer, stirring constantly. Cool. Fold in 3 stiffly beaten egg whites; pour into large refrigerator tray.

(2) Freeze mixture until mushy. Turn into large bowl and beat with an electric or rotary beater until smooth. Fold in 2 cups cream whipped, and 1 cup finely crushed peppermint sticks (use food chopper to grind candy). Blend thoroughly. Return to refrigerator tray and freeze until hard, with control set at coldest point. Stir well once during the first hour of freezing.

(3) Hot Fudge Sauce: Place 1/8 teaspoon salt, 1 1/4 cups confectioners sugar, 1/2 cup cream, 1/4 cup butter and 3 ounces unsweetened chocolate in top of double boiler. Mix thoroughly. Place over hot water; when butter and chocolate are melted and mixture is smooth, cover and cook slowly for one-half hour. Store in covered jar in refrigerator. Heat in top of double boiler before serving.

(4) For Valentine Day Dessert, place scoops of pink peppermint ice cream in sauce dishes and serve accompanied with hot fudge sauce. Top hot fudge sundaes with coarsely crushed peppermint stick candy, if desired. Yields 1 quart; sauce 2 cups.

### PINEAPPLE GELATIN CUSTARD—C. V. Pullian

2 egg yolks, lightly beaten	1/2 teaspoon vanilla
1 cup milk	1 cup toasted cocoanut
1 envelope plain unflavored gelatin	one 9-oz. can crushed pineapple, drained
1/4 teaspoon salt	1/2 cup heavy cream or
3 tablespoons sugar	1/2 cup chilled evaporated milk
	1 tablespoon lemon juice

Combine egg yolks, milk, salt, sugar and gelatin. Blend thoroughly. Cook over hot water until sugar and gelatin are dissolved and mixture lightly coats a silver spoon. Remove from heat. Add flavoring. Chill until slightly thicker than unbeaten egg white. Stir in pineapple. Fold in whipped cream or thoroughly chilled evaporated milk whipped stiff with lemon juice. Turn into mold the bottom of which is covered with cooled toasted cocoanut. Invert chiffon cake into this and press down firmly.

### CARAMEL CORN FLAKE TARTS—C. V. Pullian

1/4 cup melted butter or vitaminized oleo	1 cup brown sugar
1/4 cup water	1/4 teaspoon salt
	2 tablespoons light corn syrup
	4 cups corn flakes

Butter 8 muffin pans or individual ring molds before preparing tarts. Combine butter or oleo, water, sugar, salt and syrup. Blend thoroughly. Heat slowly until sugar is melted. Place corn flakes in a well-oiled mixing bowl. Gradually cover with hot syrup. Mix lightly until flakes are well coated. Quickly press flakes into prepared molds. Let stand until tarts are cooled to room temperature before removing them from molds. Fill centers with any favorite ice cream. Garnish with desired fruit.

### LEMON PUDDING—Jewel Lowe

2 tablespoons butter	4 egg yolks
1½ cups sugar	2 cups milk
4 rounding tablespoons flour	4 egg whites
¼ teaspoon salt	½ cup lemon juice
	grated rind of 1 lemon

Melt butter, add beaten egg yolks, lemon juice and rind. Fold in well blended flour and sugar. Add milk. Fold in well beaten egg whites. Pour into buttered pudding pan or casserole. Place pan in a pan of boiling water and bake at 350 degrees for 40 or 50 minutes. Top should be well browned.

### OLD FASHIONED BOILED CUSTARD—Laura Hunkiepillar

1 qt. milk (sweet)	½ teaspoon vanilla
4 eggs	1 pint whipping cream
1 cup sugar	a sprinkle of salt, nutmeg
	cherries or nuts

Pour 1 quart sweet milk into double boiler. Beat eggs until light. Add 1 cup sugar, cornstarch which has been dissolved in milk. Beat thoroughly. Pour mixture into the hot milk, not boiling, and stir constantly until thick. After removing from the fire, add pinch of salt and flavor with ½ teaspoon vanilla. When cool place in refrigerator to chill. Top each serving with a sprinkle of nutmeg, whipping cream and cherries or nuts. This mixture when frozen makes delicious ice cream.

### DATE PUDDING—Jewel Nickels

Sift 1 tablespoon flour and 1 teaspoon baking powder over 1 cup chopped nuts and 1 cup chopped dates. Beat the yolks of three eggs thoroughly and add 1 cup of sugar gradually. Mix with nuts and dates and combine with well beaten whites of three eggs. Bake in well greased pan about 40 minutes. Serve cold with whipped cream and cherry on top.

### HEAVENLY HASH

Soak 1 envelope gelatin in ½ cup cold water. Add ¾ cup boiling water, let boil three or four minutes. Cool and when nearly set add 4 egg whites stiffly beaten, with 1 cup sugar and 1 cup nutmeats, 14 Maraschino cherries, 1 teaspoon vanilla. Place in mold and when cold slice as you would loaf cake and serve.

### ARISTOCRATIC BREAD PUDDING

2 cups brown bread crumbs	1 egg
½ teaspoon soda	½ cup milk
½ cup sugar	½ cup corn syrup
¼ cup flour	1/3 cup butter
½ cup raisins	½ teaspoon cloves
½ cup nuts	1 teaspoon cinnamon

Combine dry ingredients. Beat egg, add milk, corn syrup and melted butter. Combine all and mix well. Steam ¾ hour or until done and serve with lemon or sweet sauce.

### FRESH QUICK FRUIT COCKTAIL—Ethel Mizar

Peel and dice—

1 orange	1 cup crushed pineapple
½ apple	1 cup diced strawberries

Add together and stir. No other sugar is necessary. Any fresh fruit may be used.

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## Pies and Pastries



### CHESS PIE—Mrs. J. C. Case

$\frac{1}{2}$  cup butter (1 stick)  
 $1\frac{1}{4}$  cups sugar  
4 egg yolks  
1 cup chopped raisins  
 $\frac{2}{3}$  cup chopped nuts

1 teaspoon grated lemon rind  
1 teaspoon lemon juice  
pinch of salt  
1 teaspoon vanilla  
2 beaten egg whites

Cream butter and sugar until soft. Add beaten egg yolks, nuts, raisins, lemon juice, rind, vanilla and salt. Add 2 egg whites, beaten; pour into 9-inch pie crust and bake five minutes in hot oven (400 degrees), lower heat to 325 degrees and bake 30 minutes.

### SOUTHERN PECAN PIE—Alma Coffman

$\frac{1}{2}$  cup sugar  
1 cup dark corn syrup  
 $\frac{1}{4}$  teaspoon salt  
1 tablespoon flour

2 eggs  
1 tablespoon melted margarine  
1 teaspoon vanilla  
 $\frac{1}{4}$  cups pecan halves  
pie shell

Beat together sugar, syrup, salt, flour and eggs. Add vanilla, margarine and pecans. Pour into unbaked shell. Bake in slow oven, 300 degrees, for about one hour or until filling is just set. At this temperature pie crust cooks without browning; to brown crust slightly, brush edges with a little undiluted evaporated milk before baking; cool before cutting. Serve with whipped cream if desired.

### LEMON CUSTARD—Mrs. E. H. Ellsworth

2 lemons (grated rind and juice)  
1 cup sugar

2 cups water  
4 teaspoons cornstarch  
6 eggs—separated

Grate rind and juice of lemons into pan; add sugar, egg yolks which have been beaten thoroughly, then add cornstarch. Cook in double boiler until slightly thick. Take from fire and add stiffly beaten egg whites. Delicious.

### EGG CUSTARD—Mrs. Vida Rose

3 eggs  
3 tablespoons cornstarch

$\frac{1}{4}$  teaspoon salt  
little nutmeg  
2 cups sweet milk

Mix all ingredients well and pour into unbaked pastry shell and bake very slow until done. When a silver knife is inserted in the center and comes out clean, it is done.

### PUMPKIN PIE—Jewel Lowe

1 small can pumpkin  
3 eggs  
 $1\frac{1}{4}$  cups milk  
2 cups brown sugar (or white)

1 teaspoon cinnamon  
1 teaspoon cloves  
1 teaspoon allspice  
2 teaspoons ginger  
 $1\frac{1}{2}$  teaspoons salt

Add sugar and spices to pumpkin and milk. Pour into crust and bake 450 degrees for 10 minutes, then lower to 325 degrees and bake 30 to 40 minutes.

## GRAHAM CRACKER PIE CRUST

- |                             |                         |
|-----------------------------|-------------------------|
| 1 cup graham cracker crumbs | 1/2 cup softened butter |
| 1 teaspoon flour            | 1/2 cup sugar           |
|                             | 1 teaspoon sugar        |

Crush crackers until fine. Combine with remaining ingredients. Press mixture firmly into bottom and sides of pie plate well buttered; set in refrigerator to chill. No baking required.

## CHERRY COBBLER WITH CAKE TOPPING—Mrs. E. C. Schuhmann

- |                          |                               |
|--------------------------|-------------------------------|
| No. 2 can cherries       | 1/3 cup milk                  |
| 4 tablespoons butter     | 1 egg                         |
| 1 cup sugar              | 1 teaspoon vanilla            |
| 4 tablespoons tapioca    | 1 1/2 teaspoons baking powder |
| red cake coloring        | 1/2 teaspoon salt             |
| 2 tablespoons shortening | 1 cup flour                   |
| 6 tablespoons sugar      |                               |

Pour cherries into baking dish and add butter, sugar and tapioca and coloring. Make a batter of the remaining ingredients and spread over cherries in baking dish. Bake in moderate oven until done.

## PIE CRUST—Edith Mersfed

- |              |                    |
|--------------|--------------------|
| 2 cups flour | 1/2 cup shortening |
| pinch salt   | 1/2 cup water      |

Take out 1/2 cup flour and add water, making paste. Cut shortening into rest of flour with salt added, until grainy, then add paste. Handle as little as possible in rolling out. Makes two crusts.

## COCOANUT CARAMEL PIE — Claudia Biggs

- |                              |                                      |
|------------------------------|--------------------------------------|
| 3/4 cup sugar                | 1 tablespoon butter                  |
| 5 tablespoons flour          | 1/2 teaspoon vanilla                 |
| 1/4 teaspoon salt            | 1 baked 9-in. pie shell              |
| 2 cups sweet milk            | 1/2 cup cream, whipped and sweetened |
| 3 egg yolks, slightly beaten | 1/2 cup Baker's cocoanut             |
| 1/3 cup sugar caramelized    |                                      |

Combine sugar, flour and salt in top of double boiler; add milk and egg yolks, mixing well. Put over boiling water and cook 10 minutes, stirring well. Remove from fire but keep over hot water. Brown sugar in skillet, then add to the other mixture.

## SOUR CREAM PEACH PIE

- |                         |  |
|-------------------------|--|
| 1/2 cup sugar           | 1/4 teaspoon cinnamon                        |
| 1/4 teaspoon nutmeg     | 1 No. 2 1/2 can sliced peaches, well drained |
| 1/4 teaspoon salt       | 1 nine-inch pie shell, unbaked               |
| 1 tablespoon cornstarch | 1 cup dairy sour cream                       |

Mix sugar, salt, nutmeg, cinnamon and cornstarch together. Add to peaches and mix well. Pour into pie shell. Cover with cream. Bake in a moderately hot oven—400 degrees—for 30 minutes.

## COCOANUT PIE—Mrs. Harold Avery

- |  |                             |
|--|-----------------------------|
| 2 eggs   | 1 teaspoon lemon juice      |
| 1 1/2 cups Karo (white or dark or equal amounts of each) | 1/2 cup sugar               |
| 1 1/2 cups cocoanut (or pecan or walnut)                 | 2 tablespoons melted butter |
|  | 1/2 teaspoon salt           |

Beat eggs; add sugar, Karo, cocoanut, salt, lemon juice and mix well; then add melted butter and mix well again. Pour into unbaked pie shell. Bake 15 minutes in moderate oven, then 30 minutes in warm oven.

# Meats

☆☆☆

## FISH FLAKEE — C. V. Pullian

- |                            |                      |
|----------------------------|----------------------|
| 2 lbs. raw codfish         | 1/2 cup raisins      |
| 1/2 cup olive or salad oil | salt                 |
| 3 large onions sliced      | 1 cup chopped celery |
| 3 carrots, diced           | 1 diced potato       |
| 1 cup chopped parsley      | 1/2 cup tomato sauce |
| 1/2 lb. washed spinach     | 1 cup water          |

Wash fish; cut into pieces. Sprinkle salt and lemon juice over fish and let stand one hour. Cook onions, carrots, celery and potato in small amount of water until tender. Heat oil in large skillet, add cooked vegetables, parsley and spinach. Cook 5 minutes. Add tomato sauce and raisins. Blend. Place one-half of this mixture in bottom of baking pan; top with dry fish. Cover with remaining vegetables. Add one cup water, sprinkle with addition salt and pepper if desired. Bake in hot oven, 400 degrees, for 30 to 40 minutes or until baked through. Additional water may be added if needed.

## DEILED FISH FILLETS

- |   |                                   |
|---|-----------------------------------|
| 1 pkg. frozen fish fillets or 1 lb. fresh fillets | 1 tablespoon Worcestershire sauce |
| 2/3 cup evaporated milk                           | 2 tablespoons catsup              |
| 1 tablespoon lemon juice or vinegar               | few grains black pepper           |
|   | 1/2 teaspoon salt                 |

Rosefish, sole, halibut or haddock fillets may be used. If frozen fillets are used, thaw according to directions. Stir milk, Worcestershire sauce, catsup, lemon juice, salt, pepper thoroughly; let stand several minutes. Arrange fillets in bottom of greased shallow baking pan. Cover with sauce. Broil under medium heat until fish is tender and top lightly browned, about 15 to 18 minutes. Fillets are done when tender and easily flaked with toothpick. It is not necessary to turn fillets while broiling. Baste with sauce if fish becomes dry. Serve at once. 4 servings.

## SHRIMP JAMBALAYA—C. V. Pullian

- |                        |                             |
|------------------------|-----------------------------|
| 2 lbs. cooked shrimp   | 2 onions                    |
| 3 tomatoes, half green | 2 cloves, garlic            |
| 1 tablespoon butter    | teaspoon chili pepper       |
| 1 tablespoon flour     | 2 sprigs thyme and bay leaf |
| 1 1/2 cups rice        | chopped parsley             |

Chop onions very fine, and put them in saucepan to brown in teaspoon butter. Add tablespoon flour and stir well. Add chopped thyme, bay-leaf, garlic, parsley, minced fine. Let all fry five minutes. Add chili powder and other seasoning, tomatoes. Let boil well, then add shrimp. Let boil 10 minutes. Add 1 1/2 cups rice. Let boil 3/4 to one hour, stirring often. When fairly dry serve in Shirred egg dishes or ramekins. Stir in chopped parsley before serving.

## BARBECUED RIBS — Claudia Biggs

- |                             |   |
|-----------------------------|---|
| 2 or 3 lbs. fresh pork ribs | 1 tablespoon Worcestershire sauce           |
| 10c bottle catsup           | 1 tablespoon sugar                          |
| 1/2 cup vinegar             | salt, black pepper, cayenne pepper to taste |
| 2/3 or 1 cup water          |   |

Boil and baste ribs.



## SUSAGE AND POTATO BAKE

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1/2 small onion, chopped fine        | 1 egg                           |
| 1/2 small green pepper, chopped fine | 2 cups mashed seasoned potatoes |
| 1 lb. bulk sausage                   | 1 8-oz. can tomato sauce        |

Mix onion and green pepper with sausage and pack into casserole. Bake at 350 degrees for 20 minutes, then pour off excess sausage fat. Beat egg slightly and whip into mashed potato. Pour tomato sauce over sausage, then top with potatoes. Bake 20 minutes longer or until potatoes are puffed and brown.

## FISH STEAKS WITH WINE AND TOMATO SAUCE

- |   |                               |
|---|-------------------------------|
| 1 can condensed tomato soup             | 2 tablespoons chopped parsley |
| 1/3 cup Burgundy or claret wine         | 1 teaspoon minced onion       |
| 1 cup shredded processed pimento cheese | 4 fish steaks                 |

Combine soup, wine and cheese and stir over low heat until cheese melts and ingredients are blended. Add parsley and onion. Arrange fish steaks in shallow baking dish; pour sauce over them and bake about 25 minutes at 375 degrees, moderately hot oven. When done fish will flake when tested with fork.

## CHICKEN SPAGHETTI

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| 1 medium sized onion                  | 4 hard boiled eggs                  |
| 1 garlic bud                          | 1 small package spaghetti           |
| 1 hen boiled and chopped              | 1 bottle stuffed olives cut in half |
| 1 can Campbell's cream of tomato soup | 1 cup grated cheese                 |
| 1 can mushroom soup                   | 1 qt. chicken broth                 |

Fry onions and garlic in chicken fat until clear (not brown); add soups, chicken stock and cubed chicken. Cook until thick. Cook spaghetti in salted water, drain and add above mixture. Add chopped eggs and olives and simmer a bit. When ready to serve, remove from stove and top with grated cheese. Will serve fifteen or more.

## ROAST BEEF HEART—C. V. Pullian

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 1 medium beef heart               | 1/2 teaspoon poultry seasoning |
| 2 cups bread crumbs               | 1/4 teaspoon marjoram          |
| 1 1/2 teaspoons melted shortening | 1 egg slightly beaten          |
| 3/4 teaspoon salt                 | 1 small onion, minced          |
| 1/4 teaspoon pepper               | 1/4 cup diced celery           |

Wash heart in warm water; cut away artery and veins. Soak in sour milk for an hour if you wish to tenderize it. Mix bread crumbs, shortening, seasoning, egg, onion, celery. Stuff heart loosely with this mix; sew edges together. Place in roasting pan and brush with additional melted shortening. Add 1/2 cup water; bake in moderate oven—350 degrees—until tender, about three hours. Add water from time to time as needed. To serve cut in crosswise slices. Make gravy from drippings.

## BATTER FOR FRENCH FRIED ONIONS—C. V. Pullian

- |             |                    |
|-------------|--------------------|
| 1 egg       | 1/4 teaspoon salt  |
| 1 cup milk  | 1/4 teaspoon sugar |
| 1 cup flour |                    |

Beat egg and add other ingredients, and beat batter smooth. Dip onion rings into batter, let excess batter drain off. Fry rings 2 to 3 minutes in deep hot fat at 375 degrees.

## CHILI BALLS—C. V. Pullian

- |                              |                        |
|------------------------------|------------------------|
| 1 No. 2 can tomatoes         | 1/2 cup rice, uncooked |
| 1 1/2 teaspoons chili powder | 1 teaspoon salt        |
| 2 cups water                 | 1/2 cup milk           |
| 1 1/2 lbs. ground beef       | 1 egg, lightly beaten  |

Combine tomatoes, water, 1 1/2 teaspoons chili powder and 1 teaspoon salt. Bring to boiling point in a large heavy skillet. Mix remaining ingredients together. Form into balls (about 2 tablespoons each). Drop into hot tomato mixture. Cover pan tightly and simmer for 1 1/2 hours.

## HAM ROLLS WITH CHEESE SAUCE—Alpha St. John

- |   |                              |
|---|------------------------------|
| 1 cup ground ham                              | 3/4 cup milk                 |
| 2 tablespoons butter or vitaminized margarine | 2 teaspoons cream of tartar  |
| 1 tablespoon prepared mustard                 | 1 teaspoon baking soda       |
| 1/4 cup shortening                            | 1/2 teaspoon salt            |
|   | 2 cups sifted enriched flour |

Combine ham, butter or margarine, and mustard. Blend thoroughly. Sift together dry ingredients. Cut in shortening. Add milk. Blend thoroughly. Place on lightly floured board or pastry cloth. Roll in sheet about 10 inches square. Spread with ham mixture. Roll like jelly roll. Cut in slices about 1 1/2 inches thick. Flatten each slice to 1-inch thickness. Place in well-oiled pan. Bake in hot oven (475 degrees) 14 minutes. Serve hot with Cheese Sauce.

## CHEESE SAUCE

- |   |                            |
|---|----------------------------|
| 2 tablespoons butter or vitaminized margarine | 1 teaspoon salt            |
| 2 tablespoons flour                           | 2 cups milk                |
|   | 1/2 cup cheese, finely cut |

Melt butter or margarine. Add flour and salt. Blend thoroughly. Add milk and cheese. Blend thoroughly. Cook over low heat until thick, stirring constantly.

## CREAM PUFFS WITH CREAMED HAM FILLING—C. V. Pullian

- |                     |                              |
|---------------------|------------------------------|
| 1/2 cup lard        | 1 cup sifted enriched flour  |
| 1 teaspoon salt     | creamed ham (1 1/2 cups ham, |
| 4 eggs              | 2 cups cream sauce)          |
| 1 cup boiling water |                              |

Add lard to salted water and bring to boil. Add flour all at once, stir vigorously until dough forms ball in center of pan. Cool. Add unbeaten eggs, one at a time, beating vigorously after each, until mixture is smooth. It should be very stiff. Shape on greased cookie sheet with pastry tube or by dropping from a spoon. Bake puffs 15 minutes in hot oven—450 degrees, until they puff well. Reduce temperature to 350 degrees for 30 minutes longer to dry puffs. Cut off tops of cooling puffs and fill with creamed ham or other creamed food. Replace caps. Miniature cream puffs can be made by dropping batter by the 1/2 teaspoon into deep hot fat and frying until puffed and brown.

## GIFT OF TIME—

Two dozen hours are given us in every single day,  
Two dozen hours—no more, no less—wherein to work and play.  
And all persons in the world, whatever race or creed,  
Possess in common this one thing, to use as they may need.  
A gift of time bestowed on us, to spend as we may choose;  
Two dozen hours in every day, in which to win—or lose.

—Hilda Butler Farr.

### BEEF AND PEANUT ROLL—C. V. Pullian

- |                             |                                    |
|-----------------------------|------------------------------------|
| 1 lb. ground beef           | $\frac{1}{4}$ cup water            |
| 1 teaspoon salt             | $\frac{1}{8}$ teaspoon pepper      |
| 1 cup ground salted peanuts | 1 egg, slightly beaten             |
| 2 teaspoons scraped onion   | 2 tablespoons Worcestershire sauce |
|                             | 2 cups mashed potatoes             |

Mix beef, peanuts, seasonings, water and egg; shape mashed potatoes into a roll and wrap meat mixture around roll. This is best done by patting the meat mixture out onto a sheet of waxed paper, into a rectangular shape, then placing potatoes down the middle of the rectangle and overlapping meat around roll by manipulating it while on the paper. Press firmly together. Bake roll in a pan or casserole for an hour or slightly longer (350 degrees).

### RED HAM LOAF — C. V. Pullian

- |   |                                    |
|---|------------------------------------|
| $2\frac{1}{4}$ cups chopped ham (1 lb.) | $\frac{1}{2}$ teaspoon dry mustard |
| $\frac{1}{3}$ cup fine bread crumbs     | 1 egg, slightly beaten             |
| $\frac{1}{4}$ cup minced onion          | 1 cup cranberry sauce              |
| 2 tablespoons fine chopped green pepper | (1 No. 2 can)                      |
|   | dash allspice, ground cloves       |

Combine ham, bread crumbs, onion and green pepper. Mix mustard with egg. Add to ham mixture. Crush cranberry sauce with fork. Mix with spices. Fill bottom of  $1\frac{1}{2}$  qt. casserole with cranberry sauce; add ham mixture. Bake in oven, 350 degrees, for 40 or 45 minutes. Unmold and serve hot.

### BAKED BEAN AND FRANKFURTER CASSEROLE—C. V. Pullian

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 1 pt. pea beans, washed           | $\frac{1}{4}$ cup molasses          |
| 6 cups boiling water              | $\frac{1}{2}$ teaspoon dry mustard  |
| STANDING TIME: 3 to 4 hours       | 2 tablespoons India relish          |
| $\frac{1}{4}$ lb. salt pork       | $\frac{1}{4}$ teaspoon pepper       |
| 1 onion, quartered                | 1 teaspoon salt, or more            |
| SIMMERING TIME: 1 hr., or more    | OVEN TEMPERATURE: 350 degrees       |
| 6 frankfurters                    | BAKING TIME: 2 hrs., or until brown |
| $\frac{1}{8}$ lb. American cheese | 3 teaspoons prepared mustard        |
| BAKING TIME: 15 min.              | SERVINGS: 6                         |

Place beans in saucepan with the boiling water; cover; let stand to soften. Do not drain. Bring beans slowly to a boil; reduce the heat; cover simmer. Cut piece of salt pork into squares but do not cut thru rind. Add to beans with the onion. Cover; simmer until beans are tender but not broken. Drain reserve liquid. Turn beans, onion and salt pork into greased shallow casserole. Mix molasses, India relish, mustard, salt, pepper, and 1 cup of reserved liquid. Pour over beans; cover. Bake in moderate oven one hour, adding reserved liquid or boiling water to keep beans moist. Uncover; bake until brown. Cut cheese into strips ( $\frac{1}{4}$  in.). Split frankfurters lengthwise and insert a strip of cheese in each. Spread with mustard. Place on top of beans; bake until cheese melts. Serve at once.

### HAM SPAGHETTI — Jewel Nickels

- |                                |                             |
|--------------------------------|-----------------------------|
| 1 medium size onion            | 1 cup catsup                |
| $1\frac{1}{2}$ lbs. ground ham | 1 medium bell pepper        |
| 1 can tomato sauce             | salt to taste               |
|                                | one 8 oz. package spaghetti |

Saute onion, bell pepper in fat. Add ground ham and cook until mixture falls apart; add tomato sauce and catsup, salt and pepper. Simmer twenty minutes, then add mixture to cooked spaghetti.

### EASTER HAM WITH APRICOT SAUCE—C. V. Pullian

- |   |                                     |
|---|-------------------------------------|
| 1 thick center slice (2 lbs.) ham             | 6 to 8 whole cloves                 |
| 1 cup dried apricots                          | one 3-in. stick cinnamon            |
| $\frac{1}{3}$ cup brown sugar (firmly packed) | $1\frac{1}{2}$ teaspoons cornstarch |

Remove rind from ham and cut through fat at about 2-inch intervals. Place ham in shallow baking pan and bake in slow (300 degrees) oven. Rinse apricots, add 2 cups water; boil slowly 20 minutes. Add brown sugar and spices and cook 5 minutes longer. When ham has baked 45 minutes pour hot apricots over and around ham. Bake  $\frac{1}{2}$  hour longer, basting occasionally with liquid. Remove ham to hot platter and arrange part of apricots around it. Add cornstarch moistened with 2 tablespoons cold water to liquid and remaining apricots. Cook and stir until clear and thickened. Remove spices. Serve separately as sauce. Four to six servings.

### TUNA LOAF—C. V. Pullian

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| one $6\frac{1}{2}$ oz. can tuna      | $\frac{1}{2}$ teaspoon salt      |
| 1 large onion, chopped               | $\frac{1}{8}$ teaspoon pepper    |
| $\frac{1}{3}$ cup chopped celery     | 1 teaspoon finely rubbed oregano |
| 2 tablespoons finely chopped parsley | 2 eggs                           |
| one 8-oz. can tomato sauce           | $\frac{1}{3}$ cup cracker crumbs |
|                                      | 2 tablespoons grated cheese      |

Combine all ingredients well. Put into baking dish and bake in 325 degrees oven for 40 minutes. Remove, sprinkle top with grated cheese and return to oven until cheese melts.

### EASY STUFFED PEPPERS—Alma Coffman

- |                             |                              |
|-----------------------------|------------------------------|
| 6 medium green peppers      | dash of pepper               |
| 1 lb. ground beef           | 1 cup soft bread cubes       |
| 2 tablespoons grated onion  | 1 egg, slightly beaten       |
| $\frac{1}{2}$ teaspoon salt | 1 can Campbell's tomato soup |

Cut tops off peppers, remove stems and seeds from peppers; wash and turn upside down to drain. Combine meat, onion, salt, pepper, bread, egg and  $\frac{1}{2}$  can of tomato soup; mix well. Stuff peppers with this mixture. Cover and boil in about 1 to  $1\frac{1}{2}$  inches salted water for 30 minutes, or until peppers are tender; drain. Heat remaining soup; pour over peppers when serving.

### HOT TAMA LE PIE — Peggy Lambert

- |   |   |
|---|---|
| $1\frac{1}{2}$ lbs. ground steak          | 1 cup ripe olives, chopped              |
| 1 large onion                             | $3\frac{1}{2}$ tablespoons chili powder |
| one $10\frac{1}{2}$ oz. can tomato soup   | 1 teaspoon salt                         |
| one 11 oz. can whole kernal corn, drained | $\frac{1}{2}$ teaspoon pepper (black)   |

Brown meat and onions in about 2 tablespoons shortening; add soup, olives, corn and seasoning. Put in greased casserole and cover with corn bread. Bake in hot oven until corn bread is done.

### POT MEAT LOAF — Carolyn Franks

- |                            |                    |
|----------------------------|--------------------|
| 1 lb. ground beef          | 3 eggs             |
| 2 onions                   | 2 teaspoons salt   |
| $\frac{1}{2}$ lb. crackers | pinch of pepper    |
|                            | 1 cup tomato juice |

Mix all together and make a loaf; place in pan, place six or eight pared and halved potatoes, carrots and onions around loaf and pour tomato sauce over this and bake until tender.



## PORK CHOPS (CASSEROLE)—Mrs. Jim Casada

Sear 3 pork chops lightly in baking dish, add  $\frac{1}{2}$  package cooked noodles; cover this with 1 can mushroom soup,  $\frac{1}{4}$  cup sweet milk. Salt and pepper to taste. Bake in moderate oven 45 minutes.

## JACK POT CASSEROLE — Peggy Lambert

- |   |                                     |
|---|-------------------------------------|
| 1 lb. ground steak                      | $\frac{1}{2}$ of 8 oz. pkg. noodles |
| 2 tablespoons fat                       | salt and pepper to taste            |
| $\frac{1}{4}$ cup chopped onion         | 1 large can cream style corn        |
| one $10\frac{1}{2}$ oz. can tomato soup | $\frac{1}{4}$ cup chopped olives    |
| $1\frac{1}{2}$ cups water               | 1 cup grated American cheese        |

Brown meat in hot fat; add onion and cook until golden; add tomato soup, water, and noodles, and cook until noodles are tender, stirring frequently. Season to taste. Then add olives, corn, and  $\frac{1}{2}$  cup grated cheese. Pour into 2 quart greased casserole, and sprinkle with remaining cheese. Bake in moderate oven (350 degrees) for about 45 minutes. Serves eight.

## CORN SAUSAGE SUNBURST — Alma Coffman

(This is taken from Gold Medal Flour or Betty Crocker Recipe Book)

Brown in skillet 1 lb. pack sausage links. Drain off fat into measuring cup. Leave one-half of links in the bottom of the skillet, arranging to radiate out from center in sunburst fashion. Pour corn bread batter over links. Bake 25 minutes in moderately hot oven. Turn upside down on plate. Serve with sausage gravy.

### CORN BREAD BATTER

Sift together into bowl—

- |                     |                                    |
|---------------------|------------------------------------|
| 1 cup flour         | 2 teaspoons baking powder          |
| 1 cup corn meal     | $\frac{1}{2}$ teaspoon baking soda |
| 2 tablespoons sugar | $\frac{3}{4}$ teaspoon salt        |

Stir in 3 tablespoons sausage drippings and add 1 cup buttermilk, stirring just enough to blend ingredients.

### SAUSAGE GRAVY

Measure into a skillet  $\frac{1}{4}$  cup of the sausage fat. Add and brown  $\frac{1}{2}$  cup chopped onion; blend in  $\frac{1}{4}$  cup flour, add all at once 2 cups milk. Bring to a boil, stirring constantly. Boil 1 minute. Stir in remaining browned sausage links which have been cut in quarters.

## SPAGHETTI AND MEAT BALLS—Mrs. S. A. Kemp

### MEAT BALLS

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| 1 lb. hamburger                  | 1 small can grated cheese           |
| cracker crumbs (6 to 8 crackers) | 1 teaspoon salt                     |
| 3 eggs                           | $\frac{1}{4}$ teaspoon black pepper |

Mix the above well and form into balls.

### SAUCE FOR THE SPAGHETTI

- |  |                                     |
|--|-------------------------------------|
| 2 cans tomato paste or spaghetti sauce | $\frac{1}{2}$ teaspoon sugar        |
| 1 onion (fried)                        | $\frac{1}{2}$ teaspoon salt         |
|  | $\frac{1}{4}$ teaspoon black pepper |
|  | $\frac{1}{4}$ teaspoon cinnamon     |

Combine the above and let come to a boil and boil for ten minutes. Thin with 2 cups water. Fry meat balls brown on each side before dropping into sauce. Cook over low heat until meat balls are done. Bring water to boil in large kettle then drop one 12 oz. package spaghetti into boiling water and let cook until done. Add  $\frac{1}{2}$  tablespoon salt. Spaghetti should be cooked from 20 to 30 minutes. Drain spaghetti after it is done and combine some of the sauce. Serve with meat balls. Serves four.

## SPAGHETTI — Mrs. Era M. Thomason

- |   |  |
|---|--|
| 1 large onion, chopped                    | 1 teaspoon Worcestershire sauce  |
| 1 heaping tablespoon bell pepper, chopped | $\frac{1}{4}$ teaspoon garlic clove, chopped, (substitute juice, if desired) |
| 2 tablespoons celery, chopped             | 1 No. 2 can tomato juice   |
| 1 lb. ground beef                         | 1 box spaghetti (cooked, seasoned with salt)                                 |
| 1 teaspoon hot sauce, or as desired       |  |

Saute onion, pepper and celery. Add beef and cook until all is separated into a grainy form and is well done. Add hot sauce and Worcestershire sauce and garlic. Salt and pepper to taste. Let simmer about ten minutes. Add tomato juice and simmer a while longer (approximately 5 minutes). Add spaghetti and simmer over very low heat until juice has cooked down very low. Keep stirring occasionally to prevent sticking.

## PORK CHOPS OLA CULOE — Lottie Austin

Brown pork chops; cook rice; cover bottom of roast pan or dutch oven with browned pork chops; cover pork chops with cooked rice; cover rice with bell pepper rings, onion rings, salt, pepper, tomato sauce and catsup; add  $\frac{1}{2}$  cup water, cover and bake at low heat one hour or until done.

## SWISS STEAK — Addie Kennedy

- |                             |   |
|-----------------------------|---|
| 2 lbs. round steak          | 1 small onion, chopped                  |
| $\frac{1}{2}$ cup flour     | 2 tablespoons Crisco                    |
| pepper                      | $\frac{1}{4}$ cup chopped green peppers |
| $\frac{1}{2}$ teaspoon salt | 1 cup canned or stewed tomatoes         |
|                             | 1 cup boiling water                     |

Wipe meat with clean damp cloth, cut in two inch square pieces. Mix flour, salt, pepper together. Pound flour into meat and brown onions and meat in Crisco; add green peppers, tomatoes and water, cover and cook slowly two hours or until meat is tender. The stock may be thickened with a little flour.

## MEAT LOAF — Oleta James

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| 2 $\frac{1}{2}$ lbs. ground beef | 1 tablespoon salt                    |
| 1 lb. sausage                    | $\frac{1}{2}$ teaspoon pepper        |
| $\frac{1}{2}$ cup chopped onions | $\frac{1}{2}$ teaspoon baking powder |
| 2 tablespoons prepared mustard   | 2 eggs, well beaten                  |
| 1 cup cracker crumbs             | $1\frac{1}{4}$ cups milk             |

Place all ingredients in mixing bowl, blend thoroughly. Shape into loaf, place in pan or broiler and cover. Bake with low heat for one hour. When done, loosen meat from pan and lift out, place on platter and garnish with peas and carrots in onion cups. Serves ten.

## CHICKEN GRAVY

- |   |                            |
|---|----------------------------|
| 3 tablespoons dripping from roast chicken | 3 tablespoons flour        |
|   | 2 cups cold water or stock |
|   | salt, pepper               |

As soon as chicken is roasted, remove it to a hot platter and keep it hot. Then pour the fat from the roasting pan into a small bowl, being careful to leave the brown juices in the pan. Measure 3 tablespoons of this fat into the roasting pan and then stir in the flour. Place over low heat and cook with constant stirring until a smooth paste. (The flour won't brown after the water has been added, so be sure to get all your browning done beforehand.) Keeping over low heat, stir in the cold water—stirring constantly while adding. Stir constantly until the gravy boils gently and thickens, then season as needed. Serve very hot.

## CRANBERRY AND CITRUS RELISH—C. V. Pullian

4 cups cranberries	1 lemon
1 orange	1 lime
	1 cup sugar

Pick over and wash cranberries and put through food chopper, using fine cutter. Wash orange, lemon and lime, slice and remove seeds; put through food chopper. Mix with sugar and cranberries. Chill in refrigerator. If desired, may be sealed immediately with layer of paraffin.

## AVACADO ORANGE SALAD—Alpha St. John

4 medium avacados	few grains salt
few drops lemon juice	Maraschino cherries
4 medium oranges	endive
	French dressing

Cut avacados in half, remove seeds and leave skin on. Sprinkle outside of fruit with lemon juice as soon as cut. Cut a thin slice from the under side of each half to give avacados a firm stand. Peel oranges, remove membrane, dice coarsely and fill avacado with orange dices. Sprinkle a few grains of salt over the fruit. Cut Maraschino cherries in quarters but do not separate sections. Place cherry flower in the center of each orange mound. Nestle each half of orange filled and garnished avacado in a nest of endive. Add french dressing.

## CHICKEN ASPIC SALAD WITH PEAS—Rose Breitenberg

1½ cups cooked chicken	crisp lettuce
2 medium size grapefruit	ripe olives
¼ cup diced celery	pimento
1 cup peas drained	watercress
	French dressing

Remove chicken from bone in pieces as large as possible, and discard fat, gristle and skin. Cut into thin match-size strips, wrap in wax paper and put in refrigerator while preparing other ingredients. Peel and section grapefruit and dice celery and chicken aspic. Line bowl with crisp lettuce, arrange chilled chicken, grapefruit sections, crisp lettuce, diced aspic and peas. Garnish with pimento, ripe olives, watercress. Pour french dressing over all and serve at once.

## QUICK LUNCHEON SALAD — Oleta James

2 medium potatoes	1 medium onion
2 boiled eggs	1 tablespoon picalilli relish
4 celery sticks	salt and pepper
	French dressing

Dice potatoes after boiling with jackets on. Dice and add other ingredients. Add enough mayonnaise to make ingredients stick together slightly. Arrange lettuce on plates and put 2 tablespoons salad in center. Pour about 3 tablespoons french dressing over it, and add a dash of paprika. Chill before serving. Serves six.

## TUNA CRUNCH SALAD—Alma Coffman

1 No. 2½ can tuna	1½ cups crisp shredded cabbage
4½ tablespoons chopped sweet or dill pickles	1 small bag potato chips, coarsely crushed
1½ tablespoons minced onion	lettuce
1½ tablespoons lemon juice	tomato wedges
1 cup mayonnaise	

Combine tuna, pickle, onion, mayonnaise and lemon juice; chill in covered dish. When ready to serve, add cabbage and toss together. Add part of crushed potato chips; toss. Heap in shallow lettuce lined salad bowl, sprinkle rest of potato chips on top and garnish with tomato wedges.

# Sauces and Relishes

## GLACED SWEET PICKLE—Laura Hunkiepillar

Soak 2 gallons cucumbers one day and night in clear water. Then soak three days in salt water strong enough to float an egg. Then soak three days in clear water. Remove and cut into 1 inch pieces. Soak in ½ gal. vinegar, ½ gal. water and 2 tablespoons of alum for three days. Remove and make a syrup of 1 pint vinegar, 4 cups sugar. Drain off each morning and heat; pour hot over pickles, adding pickling and sealing the third day.

## SHRIMP SAUCE

4 cups catsup	4 tablespoons horseradish	3 tablespoons mayonnaise
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Mix above ingredients and serve with fried shrimp.

## CRANBERRY SAUCE

(Always jells) Put 2 cups water in deep sauce pan and bring to hard boil. Add 1 qt. cranberries and cook until tender. Strain, add 2 cups sugar and bring to hard boil. Remove and pour into molds.

## FIG PICKLE—Iva Coppedge

1 gallon figs	2 cups vinegar
9 cups sugar	3 sticks cinnamon
	1 teaspoon whole cloves

Put 1 teaspoon soda over figs, add hot water, let stand 20 minutes. Drain and wash. Make syrup—add figs, boil ten minutes for three mornings, then can while hot.

## BARBECUE SAUCE — Dorothy Nickels

1 medium size onion	dash paprika
2 tablespoons vinegar	½ teaspoon black pepper
1½ tablespoons flour	1 teaspoon chili powder
1 teaspoon salt	1 cup catsup
pinch of red pepper	2 tablespoons brown sugar
	½ cup hot water

Mix dry ingredients, add diced onion, then vinegar, catsup and water. Use for baked ham, barbecued spareribs, chicken, wieners, etc.

## CHILI SAUCE — Jewel Nickels

16 lbs. firm ripe tomatoes (do not skin)	1 tablespoon celery seed
8 medium bell peppers	4 cups mild vinegar
4 tablespoons mustard seed	5 cups brown sugar
3 tablespoons ground cinnamon	2 lbs. onions
	salt, to taste

Grind tomatoes, onions, peppers. Put all together and then add seasoning and vinegar. One-half tablespoon allspice and one-half tablespoon cloves may be added if desired. Cook until the consistency of jam; put in jars and seal.



## SWEET PICKLE ARKANSAS STYLE—Saphronia Necessary

cucumbers salt	alum water	vinegar sugar	cinnamon celery seed
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Select small fresh cucumbers.

1. Wash cucumbers and pack in large jar.
2. Cover with water, remove water, measure it and boil with 1 pint of salt to each gallon of water, stirring until salt is dissolved. Pour boiling salt water back over cucumbers until covered. Let stand 7 days, being sure cucumbers are kept under brine. After appointed time pour off brine.
3. Boil 2 tablespoons powdered alum to each gallon fresh water, stirring until alum is dissolved. Let stand 24 hours, then pour off.
4. Cover with plain boiling water and let stand 24 hours.
5. Take pickles out and cut into desired size. Use enough vinegar to cover pickles. To each cup vinegar add 1 cup sugar and boil until dissolved. When this is boiled add stick of cinnamon and celery seed, then boil again for several minutes. Pour over cut pickles and let stand 24 hours.
6. Pour off and boil again, adding 1 cup sugar and pour back over pickles and let stand 24 hours.
7. Pour off again, boil, adding 1 cup sugar. Put pickles in jar and pour boiling mixture over them and seal. Chill before serving.

## CHOW-CHOW — Claudia Biggs

2 gallons of green tomatoes	1/2 dozen green peppers
1 large head cabbage	1/2 dozen cucumbers
	1 dozen medium size onions

Chop each separately, very fine, mix all. Then put in layers of salt alternately into bag and hang all night to drain. In the morning, squeeze perfectly dry with hands and put in kettle. Cover with cold vinegar. Let set six hours and squeeze as before.

3 tablespoons celery seed, 2 teaspoons ground cinnamon, 1 tablespoonful ground cloves. Mix all well and add 1 pound brown sugar. Cover with vinegar and boil 10 minutes. Seal in hot jars while hot.

## CRANBERRY SAUCE — Claudia Biggs

3 cups cranberries	2 cups sugar
1 orange	1 pkg. lemon Jello

Grind berries and orange. Let stand 2 hours. Add berries to Jello and let chill.

## MIXED PICKLES — Jewel Nickels

Cut into small pieces enough cucumbers, green tomatoes, cabbage, cauliflower, celery, green peppers and onions to fill a three gallon jar, mix with one cup salt and let stand over night, then squeeze out. Cover with alum water and let remain over night. Mix 2 oz. seed, 1/2 oz. tumeric, 1 cup flour; rub smooth in cold vinegar. Add this mixture to one gallon of vinegar with 4 cups sugar. Bring to a boil, pour over pickles and seal in jar.

## FRENCH DRESSING—Mary Johnson

1 cup sugar	1 teaspoon dry mustard
1 cup salad oil	1 tablespoon salt
1 cup vinegar	1 clove garlic, cut fine
1 can Campbell's tomato soup	1 onion, cut fine

# Vegetables



## OYSTER CELERY SCALLOP

1 pint stewing oysters  
2 cups coarse cracker crumbs

1 can (10 1/2 oz.) cream of celery soup  
1/4 cup butter or oleo

Oven temperature: 400 degrees. Baking time: 30 to 40 minutes. 4 or 5 servings. Look over oysters for bits of shell; if large, quarter the oysters. Place one-half the crumbs in a greased shallow casserole (1 1/2 qts.); add oysters in layers, taking care they are not too thick in center of the casserole where cooking is slower than at the sides. Spread oyster layer with the condensed soup and cover completely with remaining crumbs. Dot evenly with the fat. Bake in quick oven until soup bubbles and crumb topping is brown. Take from oven—let stand 5 minutes.

## OYSTER MACARONI SCALLOP

1 cup (4 oz.) broken macaroni, cooked and drained.  
1 pint oysters and liquor. Heating time: 2 min.

3 tablespoons grated onion	1/2 cup minced green celery
3 tablespoons flour	1/4 teaspoon pepper
1 1/2 cups milk	1/2 teaspoon salt
Cooking time: 5 minutes	1/2 cup cracker or bread crumbs
	2 tablespoons melted oleo

Oven temperature 375 degrees. Baking time, 20 min. or more. 4 or 5 servings. While macaroni cooks, heat the oysters in their liquor briefly in a small pan; take from the fire. Make a sauce of oleo, onion, flour and milk in saucepan. Add celery, seasonings and oysters with their liquor. Correct the seasoning. Place one-half macaroni in greased oven dish, 1 1/2 qts.; pour in the oysters and sauce; cover with the rest of macaroni. Top with crumbs, mixed with oleo. Bake in a moderately hot oven until sauce bubbles and top browns.

## CREAM OF CARROT SOUP

1 cup grated raw carrots  
1/4 cup water  
1/4 cup butter

1/4 cup flour  
4 cups milk  
1/4 teaspoon pepper  
1/2 cup grated cheddar cheese

Simmer carrots in water until tender. Melt butter, add flour and blend. Add milk and cook, stirring constantly, until slightly thickened. Add salt, pepper, carrots and liquid and heat through. Pour into serving dishes and top with cheese.

## CANDIED SWEET POTATOES—Maggie Cain

6 sweet potatoes, medium size  
2 cups brown sugar  
1 cup water

1/2 teaspoon cinnamon  
1 tablespoon lemon juice  
1 teaspoon salt  
4 tablespoons butter or margarine

Cook the potatoes till three-fourths done. Cool, peel, cut lengthwise into slices 1/3-inch thick. Put in layers in baking dish, and cover with a syrup made by boiling together for 10 minutes, brown sugar, water, lemon juice and cinnamon. Add salt, and butter. Place in moderate oven and bake until potatoes are clear, and syrup thick.

### STUFFED CELERY—Maggie Cain

Cream or Roquefort cheese  
mayonnaise

A.1 sauce\*  
celery

Moisten cheese with mayonnaise. Blend thoroughly and add A.1 sauce to taste. Wash and scrape celery and then stuff with the mixture. Chill thoroughly before serving. May be served also on crackers or on toast rounds as canapes.

\*Recipe courtesy A-1 Sauce

### CHEESE SOUFFLE—C. V. Pullian

3 tablespoons Minute tapioca  
1 teaspoon salt  
1 cup milk

$\frac{3}{4}$  cup grated American cheese  
3 egg yolks, beaten thick and  
lemon colored  
3 egg whites, stiffly beaten

Combine tapioca, salt and milk. Blend thoroughly. Cook over medium heat until mixture comes to a full rolling boil, stirring constantly. Remove from heat and add cheese; stir until cheese is melted. Let cool while beating egg yolks and whites. Add egg yolks to cheese mixture. Blend thoroughly. Slowly add this mixture to egg whites. Fold in carefully and thoroughly. Turn into a  $1\frac{1}{2}$  qt. greased baking dish or six greased individual ramekins. Place in pan of hot water, so that water comes at least two-thirds of way up sides of casserole or ramekins. Bake in moderate oven, 350 degrees, until firm. Allow about 30 to 35 minutes for individual baking dishes and 50 to 60 minutes for the large casserole. Serve immediately.

### EGGPLANT A LA CREOLE—Maggie Cain

1 large eggplant  
2 tablespoons flour  
1 cup grated American cheese  
 $\frac{1}{2}$  cup bread crumbs  
 $\frac{3}{4}$  cup sweet milk

salt and pepper  
2 tablespoons butter or margarine  
2 eggs, separated  
1 tablespoon minced onion  
2 tablespoons chopped parsley

Boil egg plant in salt water until tender; scoop out inside and cut fine, then add bread crumbs, well-beaten egg yolks, onion, parsley, white sauce made of the butter, flour and milk, salt and pepper and the grated cheese. Mix thoroughly. Fold in stiffly beaten egg whites. Bake in well-buttered baking dish, over hot water, until firm and slightly browned on top, about 30 minutes. Serve hot.

### SHREDDED SCALLOPED POTATOES—C. V. Pullian

4 large potatoes  
2 medium onions, minced  
1 teaspoon salt

$\frac{1}{4}$  teaspoon pepper  
 $1\frac{1}{2}$  cups cream, scalded  
4 cups grated sharp cheese

Pare potatoes and grate with coarse shredder. Place potatoes in a buttered baking dish with alternate layers of onion, salt, pepper. Pour cream over all. Top with cheese. Cover casserole and bake in moderate oven, 375 degrees, 35 minutes. Remove cover, bake 10 minutes longer.

### CELERY CASSEROLE—C. V. Pullian

Cook  $1\frac{1}{2}$  cups diced celery in small amount of water, salted, until just tender. Mix together celery, one chopped hard-cooked egg,  $\frac{3}{4}$  cup medium white sauce, 4 soda crackers, crumbled. Bake in greased casserole. Sprinkle with paprika. Bake in moderate oven, about 20 minutes.

### STUFFED ORANGE-PECAN SQUASH—C. V. Pullian

4 medium size acorn squash  
 $\frac{1}{4}$  cup orange juice  
 $\frac{1}{4}$  cup chopped pecans

$\frac{1}{4}$  cup brown sugar  
 $\frac{1}{4}$  cup fortified margarine  
1 tablespoon grated orange rind  
1 teaspoon salt

Cut squash in half. Bake or steam until tender. Remove seeds. Scoop out pulp from four of the halves. Scoop out pulp, leaving a  $\frac{1}{4}$ -inch edge in the remaining halves. Place pulp in mixing bowl. Add orange juice, margarine, brown sugar, salt and chopped pecans. Pile mixture back in prepared shells. Arrange filled squash shells on a broiler rack and broil until lightly browned (4 or 5 minutes). Serve immediately. Four servings.

### EGG IN CASSEROLE—C. V. Pullian

(Four Servings)

4 hard-cooked eggs  
2 tablespoons flour  
1 egg, slightly beaten  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  lb. ground beef

$\frac{1}{4}$  teaspoon pepper  
 $\frac{1}{2}$  cup bread crumbs  
1 tablespoon milk  
2 tablespoons drippings  
1 cup water

Roll eggs in flour; then in slightly beaten egg. Mix meat, crumbs, salt, pepper, egg, milk together. Divide in 4 parts. Mold meat around eggs in palms of hands. Brown balls on all sides in drippings in hot skillet. Place balls in casserole. Add  $1\frac{1}{2}$  tablespoons flour to drippings in pan and brown. Add water and cook stirring constantly until thick and smooth. Pour over meat balls and place a cover on casserole. Bake in moderate oven, 350 degrees, for 20 minutes.

### SPAGHETTI AND TOMATO CASSEROLE—C. V. Pullian

1 pkg. (8 oz.) thin spaghetti  
 $\frac{1}{4}$  cup butter  
1 green pepper, chopped  
1 small onion, minced  
1 No. 2 can tomatoes  
 $\frac{3}{4}$  cup water

1 six oz. can tomato paste  
1 teaspoon salt  
 $\frac{1}{4}$  teaspoon pepper  
1 cup sliced ripe olives  
 $\frac{1}{2}$  lb. sharp process cheese,  
grated

Cook spaghetti according to directions on package and drain thoroughly. Saute green pepper and onion in butter for 5 minutes. Add tomatoes and tomato paste, water, seasonings and  $\frac{1}{2}$  of cheese. Blend thoroughly, then place in greased casserole. Sprinkle on remaining cheese. Bake—350 degrees for 30 minutes. Garnish with ripe olives.

### DUTCH POTATO PANCAKES—C. V. Pullian

4 medium size raw potatoes  
2 eggs, separate yolks

2 level tablespoons flour  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon baking powder

Grate raw potatoes, then add the beaten egg yolks. Mix flour, baking powder and salt and add to the mixture, stirring well. Fold in stiffly beaten egg whites. Drop by spoonfuls in hot fat and fry to a brown. Serve with apple sauce, or home-canned blueberries.

### RHUBARB RING

Steam in double boiler until tender but unbroken: 1 lb. rhubarb. When nearly done add  $\frac{2}{3}$  cup sugar. Combine: 1 pkg. strawberry-flavored gelatin. Stir until gelatin is dissolved. Measure rhubarb juice and add enough water to make  $\frac{3}{4}$  cup liquid. Add to gelatin with  $\frac{1}{4}$  cup orange juice. Chill until thick and fold in rhubarb. Chill in ring mold until firm. Unmold and fill center with fresh pineapple and strawberries. Makes eight servings.



### ASPARAGUS AND CHEESE CASSEROLE—C. V. Pullian

3 eggs, beaten	1/4 lb. sharp cheddar cheese
1 pkg. frozen asparagus cuts, defrosted	cubed
1 cup milk	1/4 cup melted butter or margarine
1 teaspoon salt	1 small onion, grated
	1 cup soft bread cubes
	1/2 small can pimentos, chopped

Combine ingredients, pour into greased casserole, and bake 45 minutes to 1 hour in moderately slow oven, 325 degrees, or until firm. To make a loaf, line baking dish with waxed paper, place dish in pan containing hot water, and bake, 350 degrees for 45 minutes to an hour or until firm. Cool slightly, turn onto platter, and cover with this sauce. **SAVORY TOMATO SAUCE:** Heat one can condensed tomato soup with 2 or 3 slices of onion, 2 tablespoons chopped pimento and 1/4 cup butter. Remove onion slices before serving.

### CARROT AND PEANUT SOUFFLE—C. V. Pullian

1 1/2 cups ground raw carrots	1 1/4 cups tomatoes
1 1/4 cups peanuts (measured whole)	1/4 teaspoon pepper
1 small onion	1 1/2 teaspoons salt
	2 eggs

Grind carrots, using medium blade. Then grind peanuts and onion. Combine all ingredients but eggs. Beat yolks lightly and add. Beat whites until stiff and fold into mixture. Bake in 2-qt. casserole set in a pan of warm water. Moderate oven. 350 degrees, for an hour. Serve with parsley cream sauce. Sauce: add 2 tablespoons chopped parsley to 1 1/2 cups well seasoned medium white sauce.

### YAM AND PEANUT CAKES—C. V. Pullian

2 cups mashed yams, well seasoned	1 cup ground peanuts
	1 egg, beaten

Mix nuts and egg with sweet yams, shape into cakes, and dip into flour. Brown on both sides in butter or margarine and serve with apple sauce.

### SWEET POTATO AND ORANGE CASSEROLE—C. V. Pullian

6 medium yams, about 1/2 cooked	2/3 cup brown sugar
3 oranges, pared, sliced thin	3/4 cup honey
1/2 teaspoon salt	1/2 cup orange juice
	3/4 cup buttered bread crum'

Slice potatoes and sprinkle with salt. Alternate layers of potato and layers of orange in greased casserole, sprinkling each layer with some of brown sugar. Blend honey and orange juice, pour over casserole. Top with buttered crumbs. Bake covered—350 degrees for 25 minutes; uncover, bake 15 minutes longer.

We live not to ourselves alone if happiness be had,  
The thoughts of others compensate and make the whole world glad.

May the flowers of happiness blossom for you every day,  
And the smiles of friends scatter sunshine on your way.

The road to daily happiness is not difficult to find  
If what we do for others brings contentment and sunshine.

## Waffles and Batters

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### WAFFLES — Mrs. Era M. Thomason

2 cups flour	1 teaspoon salt	4 teaspoons baking powder
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Sift: 2 cups flour, 1 teaspoon salt, 4 teaspoons baking powder. Separate 2 eggs. Place yolks in mixing bowl and beat. Add: 1 1/2 cups milk, 6 tablespoons shortening (melted). Then stir in flour. Fold in beaten egg whites.

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## Party Suggestions

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### CHEESE SANDWICH (Garlic) — Mrs. J. C. Case

1 pound American cheese	1 cup ground pecans
2 pkgs. Philadelphia cream cheese	1 button garlic chili powder

Grate American cheese, then cream with Philadelphia cream cheese until smooth. Grind pecans and garlic and mix with cheese. After it is well mixed, roll into three rolls about 1 1/2 inches thick, then roll each in chili powder. Put in refrigerator. Slice thin and serve on Ritz crackers or potato chips.

\* \* \* \* \*

A friend is like an old song grown sweeter with the years,  
A friend is one who shares our joys and wipes away our tears;  
A friend will look for goodness in everything we do,  
A friend is one who knows our faults, yet finds our virtues, too;  
A friend will share a crust of bread, or help to lift a load—  
Happy are we who find a few good friends along the road.

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# Quantity Cooking for Fifty



FOOD	SERVING PORTION	ORDER FOR 50 SERVINGS
Butter	1 square (pat)	1 pound
Cream (whipping)	2 tablespoons (whipped)	1 quart
Cream (for coffee)	1 tablespoon per cup	1½ pints
Ice Cream (bulk)	No. 12 dipper	2 gallons
Beef Rolled Roast	1 oz.	20 to 25 pounds
Beef Swiss Steak	3½ oz.	16 pounds
Chicken (whole roasting)	4 oz.	30 pounds drawn
Ham (for baking)	3 oz.	1½ hams (15 pounds)
Pork Loin Roast	3 oz.	16 to 20 pounds
Turkey	3 oz.	40 pounds drawn
Frankfurters	2 each	8 to 10 pounds
Asparagus, fresh	3 oz.	15 to 18 pounds
" frozen	3 oz.	7 pkgs. (2½ pounds each)
" canned	3 oz.	2 No. 10 cans
Beans, fresh	3 oz.	12 pounds
" frozen green	3 oz.	5½ pounds
" lima dried	5 oz.	6 pounds
" navy dried	6 oz.	6 pounds
Beets, fresh	4 oz.	16 pounds
" canned	4 oz.	2 No. 10 cans
Cabbage (shredded-salad)	½ cup	8 pounds
Carrots	2 three inch strips	6 pounds
Celery as relish	1 piece	12 stalks
Lettuce as salad	1/5 head	10 heads
" as garnish	1 average leaf	4 to 6 heads
" shredded	½ cup	3 to 4 one pound heads
Onions as vegetable	1 medium	12½ pounds
" green as relish	1 each	10 bunches or 50 onions
Peas, fresh in pod	2½ oz.	25 pounds
" frozen	2½ oz.	3 pkgs. of 2½ pounds each
" canned	2½ oz.	1¼ No. 10 cans
Radishes for relish	2 medium	8 to 16 bunches
Spinach, fresh	3 oz.	15 to 20 pounds
" canned	3 to 4 oz.	3 No. 10 cans
Tomatoes, fresh	1 each	15 to 18 pounds
" canned	½ cup	1 and 2/3 No. 10 cans
" juice	½ cup	2 No. 10 cans
Potatoes, mashing	4 oz.	15 to 20 pounds
" baking	4 oz.	15 to 20 pounds
" scalloping	5 oz.	15 to 16 pounds
" sweet select	5 oz.	18 to 20 pounds
" potato chips	1 oz.	3 pounds
Cranberries for sauce	¼ cup	3 pounds
Mixed fruit for cocktail	½ cup	4 quarts
Mixed fruit for salad	½ cup	8 quarts

## RECIPES FOR SERVING 50 — Alice Durham

### COFFEE FOR FIFTY

4 full cups coffee  
9 quarts water

### COCOA FOR FIFTY

1½ cups cocoa  
2 cups sugar  
½ teaspoon salt  
1½ qts. boiling water  
8 qts. warm milk

### BISCUITS OR FIFTY

3½ qts. flour  
¼ cup salt  
1/3 cup baking powder  
1½ cups lard  
1 qt. milk

### CHICKEN SALAD FOR FIFTY

five 6-lb. chickens  
1 can pimentos  
4 teaspoons salt  
½ cup butter  
4 tablespoons parsley  
1 lb. mushrooms  
3 qts. white sauce

### MACARONI AND

### CHEESE FOR FIFTY

5 lbs. macaroni  
2 gals. water  
½ cup salt  
½ cup butter  
6 qts. white sauce  
2 lbs. cheese

### MASHED POTATOES FOR FIFTY

8 lbs. potatoes  
⅛ cup salt  
1½ pints milk  
½ cup butter

### BAKED BEANS FOR FIFTY

33 qts. beans  
1/3 cup soda  
¾ cup molasses  
1/3 cup sugar  
1½ teaspoons mustard  
1½ teaspoons paprika  
4 tablespoons salt  
1½ lbs. pork  
2 cups water

\* \* \*

# Quantity Cooking

## CHICKEN SALAD

4 (4 qts. cooked and cut-up) chickens  
(4½ to 5 pounds each)  
12 hard cooked eggs, diced  
12 cups diced celery

3 tablespoons salt  
1 teaspoon white pepper  
¾ cup chopped pickles (if desired)  
2½ cups mayonnaise

Cook chicken; remove from stock and cool. Remove skin and bones; cut chicken meat into bite sized pieces. Combine ingredients and toss together lightly. Serve in lettuce cups. Note: The marinating of cubed chicken with 2/3 cup French dressing for two hours will improve the flavor. Toasted almonds may be added just before serving. Pineapple, white cherries, or white grapes may also be added for variety.

## COLD SLAW

2 cups mild vinegar  
2 2/3 tablespoons salt  
2 teaspoons pepper  
1-1/3 tablespoons dry mustard  
½ cup sugar

½ cup butter  
8 eggs, beaten  
1 cup cream  
24 cups (1½ gallons) shredded cabbage  
(chilled)

Heat vinegar, seasonings and butter to boiling point. Slowly stir hot vinegar mixture into beaten eggs in top of double boiler. Cook over hot water until mixture thickens. Remove from heat. Beat in cream. While hot, pour over shredded cabbage. Chill and serve cold.

## BROWN GRAVY

2½ cups fat  
3 cups Gold Medal flour

24 cups (1½ gallons) water  
salt and pepper to taste

Pour off clear fat, allowing brown drippings to remain in the pan. Return measured fat to the pan; add flour and stir until smooth. Add water and stir until thickened. Boil 5 minutes. If too thick, add extra water. The gravy should be of a rich, brown color, but, if it is not, add gravy coloring as needed. Season to taste.



## CHICKEN A LA KING

- |                               |                                    |
|-------------------------------|------------------------------------|
| 4 cups butter                 | 5 and 1/3 cups cream               |
| 4 cups Gold Medal flour       | 8 cups diced cooked chicken        |
| 2 tablespoons salt            | 2 and 2/3 cups mushrooms sauted in |
| 1 1/2 teaspoons pepper        | 1/2 cup butter                     |
| 10 and 2/3 cups chicken stock | 2 cups cut-up pimentos             |
| 5 1/3 cups milk               | 12 hard cooked eggs, diced         |

Melt butter; blend in flour, salt and pepper. Remove from heat; slowly stir in chicken stock, milk and cream which have been heated together. Return to heat and cook slowly until thick and smooth, stirring constantly. Stir in chicken and mushrooms. Continue cooking until heated through. Just before serving, carefully add pimentos and hard cooked eggs. Serve in patty shells, or in pastry or biscuit rings, or on toast points. Note: One 5 pound chicken yields 4 cups cooked, diced meat.

## FLUFFY MEAT LOAF

- |                               |                                 |
|-------------------------------|---------------------------------|
| 6 pounds ground beef or veal  | 1 1/2 cups finely chopped onion |
| 3 pounds ground pork          | 1 1/2 teaspoons dry mustard     |
| 12 cups (3 qts.) bread crumbs | 3/4 teaspoon sage               |
| 6 eggs, beaten                | 4 tablespoons salt              |
| 9 cups milk                   | 1 1/2 teaspoons pepper          |
|                               | 6 baking pans 4" x 8"           |

Mix all ingredients together. Pack into greased pans. Bake 1 1/2 hours in a moderate oven (350 degrees).

## CRANBERRY SAUCE

- |                           |                                 |
|---------------------------|---------------------------------|
| 8 1/2 cups sugar          | 20 cups (5 qts.) cranberries    |
| 6 cups (1 1/2 qts.) water | 2 cups plus 2 tablespoons sugar |

Make a thin syrup of the sugar and water. Add the cranberries and cook just below boiling point until transparent. If desired, press through a sieve and add (while hot) to the remaining sugar. Stir until dissolved. Allow to cool thoroughly before serving.

\* \* \* \* \*

Back of every man is the boy that made him; back of every woman is the girl she was. A grown man never has a "great idea" that cannot be traced back to youth.

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# Miscellaneous

## GINGERBREAD (50 Servings)

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| 4 cups shortening               | 1 and 1/3 tablespoons salt            |
| 1 cup sugar                     | 2 and 2/3 tablespoons soda            |
| 8 eggs, well beaten             | 2 and 2/3 tablespoons ginger          |
| 8 cups (2 quarts) dark molasses | 2 and 2/3 tablespoons cinnamon        |
| 18 cups sifted Gold Medal flour | 8 cups (2 quarts) boiling water       |
|                                 | baking pans, 9" x 14" x 2 1/4"—4 pans |

Cream shortening and sugar thoroughly. Add well beaten eggs and sift dry ingredients and add alternately with boiling water; mix well. Pour into well greased and floured pans. Bake 45 minutes in a slow oven (325 degrees).

## FRUIT OR BERRY COBBLER

- |   |                                       |
|---|---------------------------------------|
| 6 No. 2 1/2 cans undrained canned fruit or berries  | 1/2 cup cornstarch                    |
| 2 to 4 cups sugar (depending on sweetness of fruit) | 1/4 cup butter                        |
|   | 1 and 1/3 tablespoons cinnamon        |
|   | 1 shortcake recipe (shortcake dough)  |
|   | 2 baking pans 12" x 20" x 1 1/2" deep |

Heat fruit, juice (or water if fresh fruit is used), and sugar in saucepan. Blend in cornstarch mixed with a little cold water and cook three minutes. Pour into greased baking pans. Dot with butter and sprinkle with cinnamon. Drop shortcake dough over top of the fruit mixture. Bake 30 minutes in a moderately hot oven (400 degrees). Serve hot with plain or whipped cream, if desired.

## SHORTCAKE

- |                                      |   |
|--------------------------------------|---|
| 1 cup sugar, if desired              | 6 1/2 cups heavy cream or 4 1/2 cups milk |
| 17 1/2 cups (2 large boxes) Bisquick | and 2 1/4 cups melted butter              |

Add sugar to cream (or melted butter and milk) and stir until dissolved. Add this to Bisquick and mix to a smooth dough.

## FROZEN FRUIT CHEESE SALAD—Mrs. H. Ward Conde

- |   |                                     |
|---|-------------------------------------|
| 1 cream cheese                              | 1/2 cup marshmallows, quartered     |
| 2 tablespoons cream                         | 1/2 cup pecans, cut in small pieces |
| 2 tablespoons lemon juice                   | 1 cup Royal Anne cherries pitted    |
| 1/8 teaspoon salt                           | 1 banana sliced                     |
| 1 cup canned pineapple, cut in small pieces | 2 cups whipping cream               |
|   | 3/4 cup mayonnaise                  |

Work the cheese, cream, lemon juice and salt together until smooth. Add the pineapple, marshmallows, nuts, cherries and banana; whip the cream and stir the mayonnaise into it. Fold this into the fruit mixture. Freeze and serve on a lettuce leaf. Time for freezing about 3 hours.

## VANILLA WAFERS—Mrs. W. W. Ermev

- |                      |                               |
|----------------------|-------------------------------|
| 2/3 cup shortening   | 2 cups flour                  |
| 1 cup sugar          | 1 1/3 teaspoons baking powder |
| 2 eggs               | pinch of salt                 |
| 1/3 teaspoon vanilla | 1/4 cup milk                  |

Cream shortening; add sugar gradually; add well beaten eggs and vanilla. Sift flour before measuring. Sift flour, baking powder and salt together and add alternately with the milk, mix until smooth. Drop by small teaspoons on slightly greased brown paper placed on cookie sheet. Bake 10 minutes in moderately hot oven (400 degrees). Makes four dozen cookies.

### NEVER FAIL DUMPLINGS — Claudia Biggs

1½ cups flour  
½ teaspoon salt

3 tablespoons shortening  
1 egg  
5 tablespoons cold water

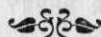
Roll thin, let dry about 20 minutes. Then cut and drop in chicken broth.

### LEMON SPICED PEACHES—C. V. Pullian

1 No. 2½ can cling peach halves  
2 teaspoons grated lemon rind  
¼ cup lemon juice

¼ cup granulated sugar  
one 3-inch stick cinnamon

Drain peaches, reserving syrup. To 2/3 cup syrup add lemon rind and juice, sugar and cinnamon. Boil together five minutes. Add peaches and heat to boiling. Remove from heat and let peaches stand in syrup overnight before using. Drain, stuff with two whole cloves and garnish platter.



### SHORTCUTS IN FOOD PREPARATION

1. Put relishes (celery, carrot sticks and radishes) in large amounts of ice water to increase crispness.
2. To keep hot breads and rolls warm in oven without drying out, cover with a damp towel.
3. Roast turkey or chicken the day before. It slices more easily and to better advantage when cold. Place wet clean cloth in large flat pan; stack slices of turkey in servings; cover with another wet clean cloth and place in slow oven (325 degrees) or in steam table until heated through.
4. To flour food (stew, chicken, etc.) before browning in fat—place seasoned flour (2 cups sifted Gold Medal Flour, 3 tablespoons salt, 1 teaspoon pepper) in paper bag, add pieces of food and shake thoroughly.
5. In preparing meat or chicken gravies with milk, prepare a thin white sauce the consistency of gravy and then as chicken or roasts are removed from the roaster, pour the thin hot sauce directly into the roaster. Stir to dissolve brown drippings, heat through and it is ready to serve. This eliminates the necessity of keeping the meat warm while the gravy is being made.

\* \* \* \* \*

### "FOOD FOR THOUGHT" — THOUGHTS FOR THE DAY

If you acquire enough habits, the old ones vanish just as good grass crowds out the weeds.

\* \* \* \* \*

Spilling salt might be bad luck,  
but spilling the beans is much more dangerous.

\* \* \* \* \*

There is no personal charm so great as the charm of a cheerful temperament. It is a great error to suppose this comes entirely by nature—it comes quite as much by culture.—Henry Van Dyke.

\* \* \* \* \*

Happiness is that peculiar sensation you acquire  
when you are too busy to be miserable.



## Gravy

1. Flour
2. Milk
3. Salt / Pepper

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